

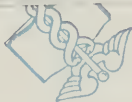
WJ 709 D261i 1923

40610660R



NLM 05203139 9

NATIONAL LIBRARY OF MEDICINE



NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE



NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

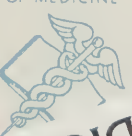
NATIONAL LIBRARY OF MEDICINE



NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

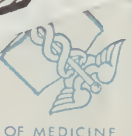
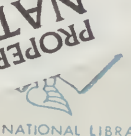


NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

PROPERTY OF THE
NATIONAL LIBRARY OF
MEDICINE



NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE



NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE

NATIONAL LIBRARY OF MEDICINE



IMPOTENCY, STERILITY,
AND
ARTIFICIAL IMPREGNATION

BY

FRANK P. DAVIS, PH.B., M.D.

Fellow American Medical Association; Member Medical Veterans of
the World War; Ex-Secretary Oklahoma State Board of Medical
Examiners; Formerly Superintendent State Institution for
Feeble-Minded; Author of "How to Collect a Doctor's
Bill;" "The Doctor's Book of Poems;" Formerly
Editor Davis' Magazine of Medicine.

2d ed., rev. and enl.
SECOND EDITION

Revised and Enlarged.

ST. LOUIS
C. V. MOSBY COMPANY

1923



WJ
709
D2611
1923

COPYRIGHT, 1917, 1923, BY C. V. MOSBY COMPANY ✓

(Printed in U. S. A.)

Press of
C. V. Mosby Company
St. Louis

JAN 23 '23 ✓ R

©CIAG9S001 ✓

no 2

CONTENTS

CHAPTER I

THE SEXUAL INSTINCT	13
-------------------------------	----

The Cause of Sexual Desire—Sexual Power Should Not Fail with Age—The Cause of Failing Powers—Animal Instinct—Aesthetic Instinct—Sexual Crimes of Old Men—Attraction of Young Women—Men are Sexually Strong in Company of Young Women and Girls.

CHAPTER II

THE SENSE OF SMELL	20
------------------------------	----

Its Relation to Sexual Desire—Relationship of the Tissues of the Nose and the Sexual Instinct—Tissues of Turbinates and Septum Erectile—Tissues Become Congested During Coitus, and the Menses—Odor and its Influence on Sexual Power—Inflammation of Nasal Membranes Following Excessive Coitus—An Automatic Sexual Control—Experiments of Koblanck and Roeder of Operating on the Nose—Its Effect on Animals—Odors of Flowers and Perfumes—Musk—Odors of Locust Flowers and Violets—Odor Essential—Effect of Odors on Urquiza and Bandelaire—Odors are Stimulants—Effects of Odor of Vanilla on Menstruation—Bathing and Morals—Excite Passion—Kiernan's Case—Sturgis' Case—Odor of Human Female—Odor Changes with Age—Odor of Women of Tahiti—Why Old Men Become Infatuated with Very Young Girls.

CHAPTER III

EFFECT OF ODORS ON THE INTERNAL SECRETIONS	35
--	----

Salivary Glands—Odors of Food—Sexual Glands—Experiments on Dogs—Effect of Odors from Cooking Foods—Odors that Nauseate—Odor of Lilacs—Tobacco — Jasmine—Watermelons—Tuberose—Cantharides—Odors that Cause Illness—Effect on Goitre—Effect on Ovaries and Testicles—Jager's Opinion—Kraft—Ebing's Statement—Regnano's Theory of Sexual Desire—Taudler's Opinion—Rohlender's Opinion—Experiments of Ott and Scott—Amount Necessary to Cause Effect.

CHAPTER IV

THE VOICE AND SENSE OF HEARING 41

The Voice—Its Effect on Sexual Desire—Tone Indicates State of Mind—Effect on Mating of Animals—Love Types—Darwin's Theory—Finck's Observations—As a Guide to Selection—Marital Happiness—Affinities—Cleopatra's Voice—Joan of Arc—Songs of the Sirens—Why Some Very Plain Women are Much Sought After—Why Some Persons Repel and Others Attract—Change in the Voice.

CHAPTER V

THE SENSE OF SIGHT 47

Effect on Sexual Desire—Not Necessary to See to be Attracted Sexually—Female Beauty—Female Form—Dress—Nude Women—Sturgis' Observations—What is Attractive to Men—The Hair—Pubic Hair—The Breasts—The Calves—The Eyes—The Lips—The Feet—Feet of Chinese Ladies—Dancing—Color—Blonds—Brunettes—Oriental Ideas of Beauty.

CHAPTER VI

IMPOTENCY 59

Its Effect on the Mind—Loss of Confidence—Influence of Mind over the Body—Flint's Observations—Psychical—Physical—Various Physical Causes—Premature Ejaculation—Lack of Erectile Power—Male Menopause.

CHAPTER VII

PSYCHIC IMPOTENCY 65

Sexual Neuroses in the Male—Sometimes Due to Pathological Lesions—Following Gonorrhea—Peculiar Symptoms—Mental Condition—Wolbarst's Observations—Hudovering's Observations—Psychoneurosis in Engaged Bachelors—Fear—Sidis on Fear—Electric Chair—Lack of Response on Part of the Female.

CONTENTS

5

CHAPTER VIII

SENSUALITY IN WOMEN 75

Women more Sensual than Men—Opinions of Montaigne—Guttheit—Vedeler—Blackwell—Morro—Kisch—Woman Requires much Loving—Ellis' Statement—Frigidity—Frigidity a Symptom of Hysteria—Inhibition—Why Women Fail—Repression—Sexuality and Age—Opinions of Ovid—Nystrom—Forel—Napier—Yellowless—Fleshy Women—Effect of Repeated Coitus—Frequency of Orgasm—Fainting During Coitus—Masturbation—Cause of Prostitution—Prostitution.

CHAPTER IX

MASTURBATION AND EMISSIONS 83

Coitus Interruptus—Loss of Secretions—Effect on the Male—Effect on the Female—Secretions of Bartholinian Glands—Nocturnal Pollutions—Sturgis' Observations—Asexualization—Pilcher's Operations in Kansas Institute for Feeble Minded—Cade's Report—Effect of Asexualization on Males—Circumcision of Women—Coitus, Limit in Males—Females—Wentz's Report—Masturbation by Feeble Minded Girls.

CHAPTER X

TREATMENT OF IMPOTENCY 93

Local Remedies—Internal Remedies—Ligating the Dorsal Vein of the Penis—Seminal Fluids as a Remedy—Electricity—Drugs—Suggestion—Sounds—Examination of Urethra—Loss of Eretil Power—Premature Ejaculation—The Nose—Stuffed Nose—Loss of Sense of Smell—Hunt's Formula—Murrell's Formula—Remedies Used by the Vaid of India—Hammond's Formula—Latham's Formula—Diet.

CHAPTER XI

RACE SUICIDE 103

Decline of the Birth-Rate—Effect of Population of France, Germany, and England—Religious and Political Influences—Co-education—Tobacco—Law of Compensation—Early Marriages—Elliott's Opinion.

CHAPTER XII

STERILITY	111
Per Cent of Men who are Sterile—Cause of Sterility— Virile Spermatozoa—Healthy Ova—Environment— Acid Discharges of Female—Temperament—Obstruc- tions—Lack of Orgasm—Suction of Cervix at Time of Orgasm—Runge's Observations—Huhner's Opinion— Sexual Passion and Sterility—Uterine Stem—Ovarian Disease—Stricture of the Cervix—Life of Spermato- zoa in Vagina—Chronic Inflammation of the Uterus— Sexual Excesses and Sterility—Mother of Louis XIV— Wife of Henry II—Highly Sexed Women—Physical Culture—Industrial Conditions.	

CHAPTER XIII

TREATMENT OF STERILITY	126
Surgical—Medical—Posture—Drugs—Indifference to Coitus—Guion's Remedy—Opinions of Winfield, Rey- nolds and Macomber, McDonald, and Pratt—Instruc- tions.	

CHAPTER XIV

ARTIFICIAL IMPREGNATION	130
History—Harvey's Experiments—Spallanzani's Cases—Iwanoff's Experiments—Technic—Marion Sim's Case—Hamilton's Claims—Pancoast's Case— Objections Overcome—Fluid Direct from the Testi- cles—Huhner's Experiments—Iwanoff's Case—Lieuf's Case—Presence of Third Party—Lydston's Claims.	

CHAPTER XV

THERAPEUTICS	137
Aurum Metallicum—Avena Sativa—Cannabis Indica— Cinchona—Gaultheria—Echinacea—Gaultheria Can- tharides—Opium—Humulus—Lupulin—Hamamelis— Nux Vomica—Phosphorus—Platinum.	

CHAPTER XVI

THERAPEUTICS, (Cont'd)	150
Picric Acid—Potassium Bromide—Pulsatilla—Saw Palmetto—Salix Nigra Aments—Ignatia—Nuphar Lu- teum—Thuja—Musk—Muri—Sulphur—Chinese In- cense—Staphisagria—Lycopodium—Graphite—Am- bergris—Echinacea—Silver Nitrate—Chromium Sul- phate—Black Ant—Yohimbine—Zinc.	

INTRODUCTION

The production of new books for the physician appears to be limited only by the ability to invent new titles. Many of the books offered contain but little new material. In my experience I have found that there is a dearth of new ideas along certain lines, while in other fields there seemed to be much progress. The one field that has remained comparatively barren is that of sexual disorders.

I am well aware that there are a number of pretentious works on sexual subjects, but none that I have read fulfilled my wants. None so far as I know have given any reasonable explanation of the cause of sexual excitation. It is the purpose of this work to present a theory of the process by which the sexual mechanism is set in motion.

It is generally held that sexual excesses and sexual disease are on the increase not only among the unmarried, but among those who are prone to wander beyond the bounds prescribed in the license granted them when they were married. It is also claimed that the condition known as impotency is due to these excesses. This is a debatable question. It is true, how-

ever, that the number who consult the physician along this line is much greater than in the past.

The anti-race suicide problem appears to be receiving more attention than ever before in the world's history. More women consult the physician for relief from barrenness than formerly, and foreign nations are making a strenuous effort to maintain their population.

As physicians we are confronted with these conditions and our duty as medical advisers demands that we be prepared to meet them. These patients must be treated, and it is up to us, as physicians, to give them the best advice and treatment that we can. We must give them careful attention and relieve them from the conditions that are marring their happiness and blighting their lives.

The day when we could give these seekers after health a tonic and tell them to forget their troubles, or that they had so far burned their candle at both ends that there was no longer hope, is past. They will seek other fields for relief if we do not assist them. The majority of such cases, both of so-called impotency and of sterility, may be relieved, and no true physician can longer dodge the issue or neglect to give the subject proper study.

The relationship existing between the special senses and sexual desire and competency is very close. The sense of smell, sight, and hearing all have a very decided bearing upon sexual power. A proper understanding of these facts will aid materially in clearing up the fog that surrounds this subject.

Only a few years have passed since the lost manhood specialist flourished like the green bay tree, frightening boys and young men with the horrors of the mad-house and yawning grave that was so vividly portrayed in their marriage guides and newspaper advertisements. Some of this literature with its hair-raising descriptions of the awful fate that awaited the boy who looked upon a woman to lust after her, and then like Edgar Allan Poe, "dreamed dreams that no mortal ever dared to dream before," and resorted to other means to relieve his desires, was enough to make strong men tremble. This condition passed when our best newspapers refused the advertisements, and our medical associations exposed the fakes. At the present time the principal avenue through which this silly idea is poured into the minds of the youth of the land is by the "women only" and "men only" lectures delivered by the weak-minded sensational preacher, who, having been too weak

to scare up a real flirtation, wants to pose as a reformed devil. Marriage guides are seldom seen any more, and the boy has learned to have confidence in his family physician. Most physicians have learned that it is worth while to make friends with the boys and young men, gain their confidence, and encourage them to lead clean, pure lives. No person is so well prepared to teach young men and women their duties and their dangers along sexual lines as is the pure-hearted physician. The lost manhood booklets sown broadcast over the land had their effect upon the girls and women as well as the boys. I had a mother consult me, after having read one of these booklets, to learn if there was any danger of her daughter having "lost womanhood," because the daughter sometimes experienced peculiar sensations in her dreams.

Years of study and experience in treating this class of sufferers has convinced me that there is too much mystery, too much doubt, and too much guess work in the treatment of sexual troubles. Failing to find the information that could help me in the books at my command, I have attempted to blaze out a new trail, and have established some landmarks which I hope will enable the reader to follow the path that

has led me to a system of handling these cases that has proven generally successful.

It is my belief that the physician should be prepared to care for these cases. I have given such facts as I have been able to glean in a number of years' active practice, and if the reader obtains but a small part of the information that I have received in the study and experience that has made this book possible, he will be well repaid for his time.

I realize fully the imperfections that a work of this kind must have. It is a field in which one must break out a new furrow.

FRANK P. DAVIS, M.D.

PREFACE TO SECOND EDITION

The favorable reception of this work and the exhaustion of the first edition, has justified the author in the belief that there is an increasing demand for a practical work on the subject of impotency, sterility, and artificial impregnation.

The acceptance of the author's theory of the law of sexual selection by leading scientists, not only of this country but of Europe as well, has led to further investigation and study. This study has confirmed the conclusions made in the first edition.

The present edition has been practically rewritten. It contains two new chapters which add to the general scope of the work. All material of importance that has appeared since the publication of the first edition has been considered and proper credit given.

FRANK P. DAVIS, M.D.

IMPOTENCY, STERILITY AND ARTIFICIAL IMPREGNATION

CHAPTER I

THE SEXUAL INSTINCT

Before we can understand sexual wrongs we must first have a clear idea of the manner in which the sexual system performs its functions. We must know the influences that act upon the sexual centers in the brain to set the mechanism in action and cause the desire, and the ability to copulate.

In using the term "instinct" in this connection I am not unmindful of the opinions of Loeb, Ellis and others. I believe, however, that a term so well grounded in our literature and one that so well expresses an idea so universally understood, should not be ruthlessly weeded out.

Lloyd Morgan¹ divides instinct into four parts; first, the internal message giving rise to the impulse; secondly, the external stimulus

¹Morgan, C. Lloyd: *Instinct and Intelligence in Animals*. *Nature*, Feb. 3, 1898. Quoted by Ellis.

which cooperates with the impulse to affect the nervous centers; thirdly, the active response due to the coordinate outgoing discharges; and, fourthly, the message from the organs concerned in the behavior by which the central nervous system is further affected. In defining instinct, especially in relation to sex, I would place external stimuli first, as it is essential that there be an external stimulus to start the secretions of the sexual glands.

It can readily be seen that there must be some exciting cause to bring about the condition of the organs as we find them at the period of sexual excitement. It must be evident to the observer, that this exciting cause, whatever it may be, is external to the male animal. This being the fact we must seek the cause in the sensations received through the special senses, and in the environment in which the individual is placed.

Assuming that the exciting cause is present, why should men in the prime of life who are otherwise in a healthy condition lose their sexual powers? The sexual ability of the male depends upon the erection of certain muscular organs and on the functioning of certain glands. So long as all other organs of the body fulfill

their mission, and gain strength from use and exercise, it would seem reasonable to suppose that the sexual organs should respond in a like manner.

It is well to understand that there is both a natural or animal instinct, and a cultivated or aesthetic sexual instinct. Just as one may eat when not really hungry so he may have coitus when there is no excessive tumescence of the sexual glands. There are a number of instances on record of sexual athletes who were able to produce and maintain an erection at will. There is in both sexes that mental desire to conquer that leads them to attempt coitus purely for the desire to show their prowess.

There is the purely animal sexual demand for the relief of the sexual glands by the evacuation of the germinal substance. This condition may only be found in the lower animals or in men who have remained continent until there is a severe tumescence of the sexual glands, and a demand for relief. This is the condition that Ribot had in mind when he wrote: "In the immense majority of animals, and frequently in man, the sexual instinct is not accompanied by any tender emotion. The act once accomplished, there is separation and forgetting."²

²Ribot, Th.: *La psychologie des Sentiments*. Quoted by Ellis.

Regnano falls into the same error that other investigators have in assuming that this is the only way in which the sexual instinct appears. The more or less striking "wedding garment" which nearly all animals assume when in love, arises from an abnormal condition of general hypersecretion occasioned again by hormonal products of the germinal substance. At any rate it shows how deep is the physiological disturbance caused in all somatic cells by the germinal substance. The effort to expel so disturbing an element then becomes a tendency to copulation as a means of this expulsion.³

There is, however, an aesthetic or cultivated sexual instinct, which is not intended so much for the relief of the sexual glands by the evacuation of the germinal substance, as it is for pleasure. This instinct bears a similar relation to the sexual mechanism that music bears to the ear, or the beautiful in nature and art bears to the eye, or that tempting food bears to the palate. With many this sexual instinct is highly developed. There are as large a per cent of accomplished lovers as there are musicians. Some women are able to give and receive more pleasure in the sexual embrace than others, and

³Regnano, Eugenio: *Inheritance of Acquired Characters*, p. 366.

the same is true of some men. The Jews, Hindoos, and some other eastern people are said to be adepts in sexual matters. Heine was decidedly wrong when he wrote: "Turn out the lights and all women are alike." The remarkable thing is that Darwin, Ellis, Regnano and other investigators have overlooked the highly cultivated and aesthetic sexual instinct, or did not differentiate it from the purely animal instinct.

Before any muscle can act it must first receive a mental or nerve impulse. A piano player will not lose control of his fingers by practice, but will increase their action and improve their adaptability by continued use. But the piano player must mentally control the action of his fingers, and there must be some outside influence to cause him to will that his fingers shall strike certain keys. This may come through the sense of sight in reading music or through the hearing if he plays by ear, as do the blind musicians. In like manner must there be an external stimulation of the sexual centers before there can be sexual ability on the part of the male.

It is evident, considering these facts, that age can not be the sole cause of the decline in the sexual powers of men, neither can it be main-

tained that excessive venery must lead in all instances to a weakening of the powers.

It is customary to associate strong sexual power with youth, and waning power with age. If we consider the environment in which they live, we readily see that the youth is thrown into contact with females of his own age, likewise the old man is more in company of women who are advanced in years, excluding the members of his own household. Boys and young men are seldom sexually attracted to older women, but experience great sexual excitement when in the company of girls of their own age, or those younger than themselves. Likewise we find that where old men are charged with sexual crimes their victims almost invariably have been very young girls or mere children. I have collected a large number of reports of cases where old men were charged with sexual crimes, and in not one instance was the girl out of her early teens. These facts naturally lead the observer to inquire if there is not some special attraction that leads men to experience great sexual activity when in the presence of very young girls.

Following the thread a little farther we will observe that as a man grows older and his mind becomes concentrated upon his business affairs,

his sexual power is inclined to fail him, only again to be regained when he reaches an age where he lays aside the cares of business and is again thrown in the society of young women. This gives us a key to the cause of the sexual crimes of old men. They are not mentally deficient as has been held, but in returning to the environment of their boyhood they are affected by the same uncontrollable desire that they experienced in the days of their youth. They are no more to be censured for their acts than a boy would be under the same circumstances. This is a fact that should be considered by our courts in cases where old men are charged with sexual crimes against young girls.

The question then is: what is this special influence that has such an overpowering effect on the male animal? It is evident that this influence reaches the sexual centers through the organs of special sense, and that the sexual power of man depends solely upon the external stimulus that reaches these centers through these same special senses. Especially is this true with regard to the senses of smell, hearing, sight and touch in the order named.

CHAPTER II

THE SENSE OF SMELL

The relation of the sense of smell to sexual desire is well known. It is also a well established fact that cases of partial or complete impotency have in many instances followed the loss of the sense of smell. An increased acuteness of this sense is noted as we descend the scale of animal development. The lower animals are possessed of a more acute sense of smell, as well as a stronger sexual power than men. In the lower animals we find that the sexual passion of the male, as well as the female, is increased when the latter is in heat, while at all other periods there is no inclination to mate. The behavior of the male animal at the time the female is in heat goes to show that it is the odor from the female that excites the male.

The close relationship existing between the sexual apparatus and the nasal organs is a subject of much interest to the student. This relationship is evident from the fact that the septum and turbinates are erectile. There is often a sympathetic or correlated congestion of the structures during the menses, and in cases

of congestive conditions being already present they are intensified during this period. Fliess and Ries controlled painful menstruation by painting with cocaine the "genital spots" in the nose. Sexual activity of the male is apt to be followed by similar turgescence of the erectile tissues of the nares.

Sexual excesses may even lead to an inflammation of the mucuous membranes of the nose and retard the sexual stimulus by dulling the sense of smell. We frequently find an inflamed condition of this membrane in the case of masturbators, and in those given to sexual excesses. A visit to any institution for the care of idiots will readily convince one that "sore nose" is a common condition among this class. I do not recall a single instance of an idiot or feeble-minded boy in the institutions under my charge, that was not a masturbator, except among the very young children. It is well to remark, however, that masturbation was not the cause but the result of their mental condition. Nature, by causing this inflamed condition of the mucous membranes of the nose to follow sexual excesses, thereby dulling the sense of smell and sexual desire, appears to have provided an automatic control to prevent sexual excesses.

The experiments of Koblanck and Roeder,¹ by operating on the so-called genital points in the nose, while apparently having no influence on the development of the animals, which grew as well as the controls; yet, when the animals were killed the genital organs were found practically rudimentary in the treated animals. While the untreated animals had two litters, the treated animals seemed sexually indifferent.

The odors of some flowers and some perfumes have a strong influence on the sexual centers and greatly increase desire. This fact was known to the Aryans and Chinese for centuries. The Hindoos use musk as a sexual stimulant, and it is still one of the best remedies for the purpose that we possess. The power of musk depends to a great extent upon its odor, and it should always be given in sufficient strength to give off a fairly strong odor. Musk is very popular with the negroes as a perfume. Extracts of pansies, violets, and locust blossoms seem to have a most pronounced effect on sexual desire when their odor is inhaled.

The sense of smell may become very highly developed in cultured persons. Instances are on record, according to Binet, where odors are

¹Koblanck and Roeder: Experimental Research on Influencing of Sexual System by Operations on the Nose. *Berliner klinische Wochenschrift*, xlix.

responsible for marriages contracted by clever men with female subordinates. To some the most essential thing in a woman is not beauty, mind, or elevation of character, but odor. Urquiza fainted at the odor of a rose and Baudelaire could not live in Belgium because the trees had no fragrance.

Sturgis mentions an instance where it was found necessary to request a stenographer to refrain from the use of the extract of violets on account of its effect on the men working in the office. I recall an instance of a lady who would become so excited when inhaling the odor of extract of locust blossoms that she would at times experience an orgasm.

Kiernan reports a case of a sexual pervert whose wife when excited gave off a lavender odor. The man had always been attracted to this odor, since his first deep orgasm was in sheets redolent with it. As this woman reached the menopause she gave off a leathery odor, and from the beginning of this leathery odor she became sexually repellant to him and he became incapable of an erection.

Sturgis² also reports an instance when a newly married man was incapable of an erec-

²Sturgis, Frederick R.: Notes and Reflections on Causes Which Induce Marital Infelicity Due to the Relations of the Sexes. Medical Council, July, 1907,

tion due to the offensive odor of his wife. She was instructed to perfume her night clothes and bed, after which he had no further trouble in performing the act.

In olden times it was the custom for people to anoint themselves with perfumed ointments. Thus, we read that when Mary anointed the feet of Jesus, "the room was filled with the odor of the ointment." That these perfumed ointments produced a sexual effect may be inferred from the statement made by Solomon in the Song, that "because of the savor of thy ointments * * * do the virgins love thee."

According to the *Sacred Books of the East*, Queen Maya, mother of Buddha, dreamed that she saw a white elephant hovering above her. It vanished. Then she heard music, and beheld the devas (Hindoo angels) scattering flowers about her, and she inhaled their fragrance. At Buddha's birth the devas caused a perfumed rain to fall on every part of the earth.

Hingston³ says the young ladies of Tahiti consume a great deal of time in perfuming their hair and oiling their bodies with perfumed oils. Ellis tells of groups of Tahitian women, "sitting under the shade of a clump of wide-spreading trees, or in the cool mountain streams, em-

³Hingston, A.: "Polynesia". Woman of All Nations, 1911.

ploying themselves for hours together in arranging the curls of the hair, weaving wreaths of flowers, and filling the air with their perfume." This is the country where the strongest secret society, the Areois, holds as its object the indulgence in sexual excesses. To become a member of the Areois it is necessary for the candidate, if he has any children, to murder them.

Pleasing odors are stimulants. Experiments made by Fere show that muscular action is stimulated in the presence of odors. "Man," says Bernarden de Saint Pierre, "uses perfumes to impart energy to his passions." "But," adds Fere, "perfumes cannot keep up the fires which they light." It has been suggested that much of the stimulating effect of alcohol is due to its odor. Workers in vanilla factories experience excessive menstruation, irritable bladder and nearly always sexual excitement.

Regnano⁴ advances a novel theory as to the cause of sexual selection, i. e., "the attraction of the ovum for the spermatozoon even at a distance by means of secretions diffused in all directions." Unless there is a special sense unknown to me, the only way in which I could account for such an attraction would be through

⁴Regnano, Eugenio: *Inheritance of Acquired Characters*, 1911.

the odor of the secretions. We know that there are odors that emanate from the body during sexual excitement, and that the bodily odors change at this time. It is also a fact that dancing, and religious excitement during revival meetings produce sexual excitement. It may be that the odors from the secretions of one highly sexed woman in a ballroom or church may produce sexual excitement in others. Possibly this may account for the great attraction that the ballroom and other public gatherings have for some people.

Strongly sexed individuals, especially males, are generally larger than the average of their class. Large nostrils are an indication of sexual power, while the sharp, pinched nose goes with the sexually weak or indifferent. The Pygmies, who are the smallest race of the human family, are noted for the offensive odors emanating from their bodies, and they are said by travelers to be sexually indifferent.

The odor of perspiration has an aphrodisiac effect. Those who bathe very often do not excite passion so readily as those who do not. Many very aesthetic men have become passionately fond of women who did not consider it necessary to bathe daily. On the other hand, as has been pointed out by Ellis (*Sexual Selec-*

tion) excessive bathing is said to reduce the morals.

In the human female the odor emanating from the body changes with age and condition of health. The odor of a healthy young girl has a stronger effect than the odor from an older woman upon the sexual instinct of men. Young men being constantly thrown in contact with young girls have strong sexual desire and power, but when they are in the company of older women they do not experience the same sensations. On the other hand, old men are thrown in company with women of their own age or older, and fail to respond sexually as they did in the days of their youth. They find that their power has begun to wane. Now if we let our elderly man retire from the cares of business, and place him in a position where he is in the company of young girls and children, we find that his old desire and power returns, and like the young boy, he is apt to let desire get the better of his reason and he is often led to commit some sexual act that will brand him as a criminal, mental or moral degenerate.

William Allen White, in one of his stories gives a very good description of this phase, in the following words: "There is a form of ro-

mantic dementia that attacks certain men in the early adolescence of their senility. It is hard to say whether the madness is more grotesque than the puppy love of early youth. Perhaps because age is supposed to be more circumspect than youth the capers of the old man and the young woman—for always he is enamored of youth—are more fantastic than those of the young. Or perhaps in the earlier affairs of life both the man and woman are dancing to the same tune in their blood and it is more seemly. But, whatever sets love's sweet song off-key in the calf love of early senility something does jar it and all the world laughs." It may be added that the reason "all the world laughs," is because all the world is ignorant, and ignorant people are prone to laugh at that which they can not understand. The world is ignorant of the fact that the same thing which starts love's sweet song in his youth will again start it under like circumstances in the "early senility" of his declining years.

Schopenhauer⁵ presents the matter very clearly when he says: "It occasionally happens that for no particular reason, long-forgotten scenes suddenly start up in the memory. This may in many cases be due to the action of

⁵Schopenhauer: *Essays. Studies in Pessimism.*

some hardly perceptible odor, which accompanied those scenes and now recurs exactly the same as before. And I may say, in passing, that the sense of sight is connected with the understanding, the sense of hearing with the reason, and, as we see in the present case, the sense of smell with the memory.⁶ Touch and taste are more material and dependent upon contact. They have no ideal side."

It is the one that gives off the pleasing odor that attracts the opposite sex. In man it is the female that attracts the male. With all species of animals whose females menstruate, or pass through periods of heat, it is the female that attracts the male.

With some of the lower animals, the butterfly and the moth, for instance, it is the male that attracts the female. If we take the green-veined white butterfly and brush the upper surface of the fore or hind wing with a camel-hair pencil, a strong odor resembling that of the lemon plant will be noted upon smelling the

⁶"Memory is a delicate instrument. Like an old musical box, it will lie silent for long years; then a mere nothing, a jerk, a tremor, will start the spring, and from beneath its decent covering of dust it will talk to us of forgotten passion and desire. Some memories are thus moved at sight of a ribbon, a faded violet, a hotel bill; others at the sound of a voice or a bar of music, or at the bite of a flavor on the palate or an arrangement of skies against a well-known background. To me return all the unhappy, far-off things when I smell the sharp odor of a little dirty theatre near Blackwall. Then I think upon all those essences of life most fragrant and fresh, and upon . . . Gina Bretano".—*Thomas Burke: Limehouse Nights.*

pencil. It appears that the rubbing process dislodges quantities of the minute scales with which the wings of this insect, like those of butterflies and moths in general, are clothed. The under surface of the wings similarly treated yields no odor, nor is it found in association with any scales from either surface of the female. The scales which bear the odor are in addition to the regular scales found upon these insects, and are of a different form. The odor of the garden white butterfly has been compared to the sweet briar; that of the cabbage white recalls violet powder, or orris root. There is an African butterfly, the *Mylothris agathina*, that has the odor like sweet briar, while *M. trimenia* gives an odor resembling sweet pea or clover, with a suggestion of orange peel; the female of both are destitute of odor. Other varieties of butterflies have the odor of honeysuckle, jasmine, and other flowers, and while the odors are not universal they are frequent and are generally agreeable. There are some tropical and subtropical butterflies that give off disagreeable or offensive scents. However, this scent may be attractive to the female of their species. There is no accounting for tastes. We have read of the noble woman who liked the odor of the stables so well that she had a per-

fume made to resemble it. The disagreeable odors of these tropical butterflies are supposed to be a means of protection against enemies. However, if this was the only use for these odors, the female would be protected the same as the males. The constant fluttering of the male has a tendency to diffuse or scatter the scales that carry the odor, so that the females will be most likely to notice it, and thereby be attracted.

There is a peculiar odor during coitus which seems to make its appearance at about the time the secretions of the male and female come into contact. It is related that a young officer who was charged with having seduced a number of women, stated that he held a handkerchief under his arm (axilla) during coitus, and that if he could get any woman to use the handkerchief and inhale the odor it would so excite her that he would have no trouble in carrying out his desires. Australian boys are said to prick the skin of an apple full of small holes with a needle, and hold the apple under the arm during copulation, then give the apple to some girl to eat, believing it will cause the one who eats it to become sexually excited.

It is not necessary that an odor be so strong as to be noticeable to be effective in stimulating

sexual desire and power. It may be so subtle that one would not be aware of its presence, and yet have a wonderful power over men. This will in a measure account for the fact that some women attract while others repel certain men. It also explains why some of the plainest, not to say homeliest women have been much sought after. It also points out the great danger of coeducational schools.

According to Zwaardmaker the valerianaceous group and goat odors are largely composed of odors having aphrodisiac effects, and these are present to a greater or less degree in human perspiration.

Ellis mentions a Monk in Prague who could recognize by smell the chastity of the women who approached him. This is comparatively easy to do. It is relatively easy to locate a highly sexed and passionate woman in a room by her bodily odor. The odor of a woman is stronger at the menstrual period than at any other time, and flowers give off their strongest perfume at the time they are ready to receive the fertilizing pollen.

The custom of using depilatories for the removal of the hair from the axilla does away with much of the sexual odor. Women who re-

move the hair from under their arms are never so attractive as those who do not.

Wall⁷ says odor may be considered a secondary sexual character; the wise woman will not underestimate its importance, but will make it subservient to her worldly interests.

Shoe fetichism is largely due to the odor of the leather from which the shoes are made and to the fact that the leather being an animal tissue absorbs the odor of the wearer. It is probable that the leather from a female animal would have a stronger effect on a man than that from a male animal. I knew a girl who worked in an office that said she could lay her head on the leather bound books and experience agreeable sexual sensations when inhaling the odor of the leather.

It has been noted that where a large number of prostitutes were taking walks for exercise at the detention camps a number of dogs would follow them. I saw a letter, written by a girl confined in the Kansas detention camp, to another girl who had escaped, in which the writer said: "About seventy of us were taken out in the country for a walk the other day and the dogs followed us. I guess they could smell us." Another girl told me that they had often com-

⁷Wall: Sex and Sex Worship.

mented on the number of dogs that followed them whenever a crowd of the girls were out for exercise.

It is possible that a simple operation on the nose would destroy the sexual desire to such a degree that it would prove an ideal operation in dealing with sexual perverts, masturbators, and other institutional cases. It would, if successful, be better than to resort to sterilization as at present advocated.

CHAPTER III

EFFECT OF ODORS ON THE INTERNAL SECRETIONS

It is well known that the salivary glands are stimulated by the agreeable odor of food. The secretions of the salivary glands are intensified because of the fact that one has smelled, tasted, or seen some appetizing food.

In just the same way that the gastric juices are stimulated by the odors of food, may sexual desire be stimulated by the sense of smell. In fact, the activity of all secreting glands depends upon an external stimulus received through one or more of the five senses. In experiments made on healthy dogs that had a fistula from the stomach to the external abdominal wall so that the gastric juice could be collected, it was found that when bread or some article of food that did not appeal to the taste of the animal was held a short distance from the nose there was no appreciable increase in the flow of juice, yet when a piece of beef was held at the same distance there was a profuse secretion of saliva and gastric juice.

Pleasant odors of cooking food whet the

appetite, bringing about a gnawing sensation in the stomach that is only relieved by a bountiful flow of gastric juice,—on the other hand we find that unpleasant odors and some perfumes have a depressing or nauseating effect. Some persons can not remain where lilacs are in full bloom, others cannot bear the odor of jasmine, some can not bear the odor of tobacco; the odor of watermelon is nauseating to some. Some are nauseated or given the headache from inhaling the odor of the heliotrope or tuberose. The odor of cantharides often causes vertigo and the fragrance of roses has an irritating and nauseating influence on some people. Attacks of real illness, with long trains of digestive disorders following nausea from the smell of fish, mutton, turpentine and butter beans have been noted.

An offending scent may set in motion a train of morbid digestive symptoms, likewise those that are agreeable may exercise a highly beneficial effect. I have found that by adding perfumes to medicine prescribed for digestive and nervous cases I have had much better results than with the same prescriptions without the perfumes.

Some perfumes appear to have a direct affinity for the thyroid gland and the testicles.

In treating goiter I have found that musk had a tendency to increase the size of the gland. Ginger root, so commonly used as a food and condiment in Japan and China, derives its value from its odor as well as its stimulating effect on the stomach.

The effect of odors on the system is such that it has been said that only a man of a phlegmatic temperament should undertake perfuming for the constant association with perfumes is too irritating for one with sensitive nerves.

Nature never permits any single odor to predominate for a very long time. The odor of the fields in the early morning changes as the sun gets higher and becomes very different at noon and again in the evening. The changing odors are refreshing, where a single continuous odor would depress. Odors which are pleasant and attractive often become irritating if breathed continually for many minutes. No one variety of flowers blooms alone at any season of the year, but a changing variety of different odors are mingled at all times.

The statement of F. Jager that the sexual instinct is mainly, if not altogether, due to the sense of smell is well borne out by the investigations that I have made. The stimulating effect of certain odors on the internal glandular

secretion is so marked that there can be no doubt of the direct effect of odors on the sexual or reproductive glands.

Kraft-Ebing holds that olfactory impressions in man under ordinary conditions do not have quite so important part as in animals. He fails to take into effect, however, the dulled sense of smell in man as compared with the lower animals; a condition due to a more general diseased condition of the nose, and to the use of tobacco and other narcotic poisons.

Regnano¹ was of the opinion that the desire for copulation is only due to a desire to eliminate the germinal substance, hence where there is no waste material there can be no sexual desire. In other words so long as the glands are not excited to secrete thereby producing germinal substance there is no waste to be eliminated and no desire for copulation. The secretion of the glands being due to an external stimulus, as soon as the glands begin to secrete there is a germinal substance, which seeking an outlet in a natural way will excite desire. If the salivary glands are excited the call for food on which these secretions act is manifest. If it is the

¹Regnano, Eugenio: *Inheritance of Acquired Characters*, 1911.

glands of the sexual system that are excited, then the desire for copulation follows.

Taudler² claims that in the sexual glands there is a generative part, and a part devoted to an internal secretion. Rohleder³ holds that there are three different secretions, these secretions are derived from the testicle, the seminal vesicle and the prostate gland. It is possible that each of these requires a different stimulus to cause them to function, there can be no question but each must function to produce strong sexual power.

The effect of the internal secretions on the sexual apparatus has been demonstrated by the experiments of Ott and Scott.⁴ They found that some internal secretions had a decided action on erectile tissue of the penile organ of the dog. The prostate increased the length 25 millimeters and the width of the bulb 25 millimeters. The orchitic extracts gave an increase in length of 15 millimeters, and an increase in width of bulb of 23 millimeters. The ovarian extract gave an increase in length of 21 and an increase in width of bulb of 23 millimeters. The parathyroid extract gave an increase in length

²Taudler: *Berliner klinische Wochenschrift*, 1910, p. 459.

³Rohleder: *Deutsche medizinische Wochenschrift*.

⁴Ott, Isaac, and Scott, John C.: *Preliminary Note on the Action of Some Internal Secretions Upon Erectile Tissue*, 1911.

of 15 and an increase in width of bulb of 15 millimeters. The thymus extract gave an increase in length of 15 millimeters and an increase in width of bulb of 12 millimeters. Pituitary extract, as a whole, gave an increase in length of 11 millimeters and an increase in width of bulb of 6 millimeters. Infundibulin gave an increase in length of 5 millimeters and an increase in width of bulb of 6 millimeters. Pineal gland gave no increase in length but increase in width of bulb of 7 millimeters. The corpus luteum increased the length 15 millimeters and the width of the bulb 28 millimeters.

The minute amount of these glandular secretions that will affect the body is shown by the statement of Ott⁵ that about one-millionth of a gram of adrenalin elevates blood pressure.

To increase sexual ability in the male it would be necessary to stimulate one or more of the glands whose secretions stimulate erectile tissue, and at the same time increase the secretion of the testicles, seminal vesicles and prostate gland. This can only be done through the special senses or by some drug that acts directly upon these secreting glands.

⁵Ott, Isaac: *Internal Secretions*, p. 95.

CHAPTER IV

THE VOICE AND SENSE OF HEARING

The voice is the key to the proper mating of the sexes. The voice changes at puberty, but after puberty it becomes fixed and remains about the same throughout life, barring accidents and disease. While the tone may be constant the inflection may indicate many changes in the mental condition. A slight variation in the inflection may indicate a state of fear, pain, anger, love, or any emotion the speaker may feel. The influence of the voice is well understood, and is one of the most successful means of winning favor of others. If one speaks in an angry tone it begets anger in the one spoken to. Likewise the cooing tone of the lover begets love.

Darwin believed that the love-calls and music of some animals serve to charm the females, and that the best musicians have special advantages. Finck¹ held that the influence of animal music is chiefly to facilitate courtship, by making it easy for the females to discover the whereabouts of the males of the same species.

¹Finck, Henry T.: *Romantic Love and Personal Beauty*.

The latter also held that it is not the male voice that is the most mellow and melodious that catches the fancy of the female, but the one that is the most persistent and loudest. This may be true of the male bird, but I am sure that it is the woman with the mellow and melodious voice that attracts men.²

Among birds it is the female that seeks the male, and Montagu asserts that: "Males of song-birds and many others do not in general search for females, but on the contrary, their business in spring is to perch on some conspicuous spot, breathing out their full and amorous notes, which, by instinct, the female knows, and repairs to the spot to choose her mate."

Darwin says: "The *spel* of the blackcock certainly serves as a call to the female, for it has been known to bring four or five females from a distance to a male in confinement; but as the blackcock continues his *spel* for hours during successive days, and in the case of the capercailzie 'with an agony of passion,' we are led to believe that the females that are present are charmed." To this argument, Finck re-

²Constant, in his "Recollections of the Private Life of Napoleon" speaking of the Empress Josephine, says: "What more than all else constituted the inexpressible charm of the Empress's presence were the ravishing tones of her voice. How many times have I, like many others, stopped suddenly on hearing that voice, simply to enjoy the pleasure of listening to it."

plies: "There appears no direct evidence, however, that female birds are more charmed by one male than another, and prefer him on account of superior song, as the theory of Sexual Selection postulates."

It is remarkable that two such learned men as Darwin and Finck should overlook the effect the tone or inflection of the voice might have on the opposite sex. It would appear that the tone of the call of the male bird would attract all the females who were psychically in tune with him to his side, and that the bird with the strongest voice, having a larger field would attract more of the females than one not having so great a range. In either event the male continues his call until all the females in the range of his voice have had an opportunity to respond.

With man the voice that will attract one will repel another. I am of the opinion that if men and women mated only with those whose voices were in tune with themselves there would be but very few separations and divorces.

The advantage of the bird with the loudest voice, would be in the greater distance his voice would carry, and the possibility of thus reaching more females who were in tune with him.

It is the woman who has the sweet and melo-

dious voice that attracts men. The cooing and amorous tone of the lover begets desire and increases sexual passion and power. It is the woman whose conversation during the copulative act, though incoherent, is couched in endearing words, that is best liked by men, and it is the amorous tone of her words that enables him to appear at his best.

In general, complete happiness is dependent upon harmonious sexual relations, or upon the potential ability to enter into such relations. Complete happiness in the married state is never attained unless a perfect unison of sexual temperaments exists. "The regard a man has for his wife may be ever so great, but if they are not 'affinities', using the vulgar interpretation of this term to express our meaning, they are not happy and their matrimonial bonds are no stronger than silken threads. Man wants desire in his wife; woman wants no less in her husband".³

Schenck-Notsing mentions a woman who could have an orgasm while listening to music or viewing pictures. It is frequently the case that music will cause sexual excitement in women. I have had a number confess that they played the piano more for the sexual pleasure

³American Journal of Dermatology.

than for the pleasure gained from the music they were playing.

That it is the tone of the voice that gives its possessor power over others is well brought out in the words of the poets. Burns, speaking of his first love, said: "I didn't know myself why the *tones* of her voice made my heart-strings thrill like an Aeolian harp." Browning wrote: "Her voice changed like a bird's; there grew more of the music and less of the words." Swift said: "A blockhead with a melodious voice in a boarding school may have his choice."

Cleopatra, who according to Plutarch, was not beautiful, yet was considered absolutely irresistible in her day, possessed a voice that was "delightfully melodious, and had the same variety of modulation as an instrument of many strings." And, so it was for the entrancing voice and pleasing manners of the "star-eyed Egyptian, glorious sorceress of the Nile," that Anthony, "drunk with her caresses, madly flung a world away."

Joan of Arc was tall and comely, with dark hair, and *her voice is described as sweet*. She was very reticent about speaking, and was readily moved to tears. Her demeanor was

graceful and modest, and her countenance cheerful. (*Jacobson.*)

Bacon⁴ says that the Sirens changed their singing or adapted their tunes exactly to the nature of each person in order to captivate and snare him. Ulysses commanded his followers to stop their ears with wax so they could not hear the songs of the Sirens, while Orpheus escaped danger by loudly singing the praises of the gods, whereby he drowned the voice of the Sirens.

The tone of the voice has given power to men and women who without this control of their voices would never have arisen to position in life that enabled them to live in history. The voice is the key to the individual. The ability to control it gives the possessor more power than any other trait he may possess. Those who are enabled to tune their voice to that of the person with whom they are speaking, have the power of controlling the mind of others, and may gain anything they desire.

⁴Bacon, Francis: *Essays. The Wisdom of the Ancients.*

CHAPTER V

THE SENSE OF SIGHT

There are certain points of the female form that strongly appeal to the sexual instinct in man. The woman who has a voluptuous form will always be attractive to men. While women not so well developed have often been sought after, it is the one with the full development that is the most attractive.

The breasts are the first point upon which the eye rests. A beautiful face will always attract attention, but a man will instinctively note the bust first. From the bust the eyes wander to the face. Well developed breasts are indicative of sexual power and the maternal instinct. While many women who are lacking in this regard are very passionate, and some well developed women are not, still it is the full development of the breasts that first attracts the masculine eye.

The suggestiveness of well moulded and beautifully rounded breasts seen over the yoke of a low bodice, or outlined against the waving front of a waist of soft material is most pleasing to the eye, and will cause all red-blooded men to agree with Ella Wheeler Wilcox that

there is something fascinating in, "what the mind in a half chance guesses, of the twin perfection of two drifts of snow."

The woman with the undeveloped breasts, while in many instances excessively amorous, has seldom been considered as first choice in the matrimonial market. Even in the days of Solomon we find him lamenting because his little sister "has no breasts," and wondering what can be done for her, "in the day when she shall be spoken for." Solomon also refers to another woman who had large breasts and considered herself very fortunate, as we find her boasting, "I am a wall and my breasts like towers, then was I in his eyes as one that found favor." If further evidence was needed to prove that large breasts were desirable in the days of Solomon we need only again refer to the Song, and read, "Thy two breasts are like two young roes that are twins." In another place Solomon compares the breasts to clusters of grapes. This, perhaps, because of the fact that some women have supernumerary breasts, a condition quite common in the early ages of the world's history.

In order to nourish the great number of children common in ancient times the mother would necessarily need more than two breasts. Primi-

tive women in many instances had a double row of nipples down the torso. These, because of higher civilization and nonuse gradually disappeared. Instances of more than two breasts are not unknown in recent times. Peuch, in 1876, collected seventy-seven cases of polymastia. Bruce reports sixty cases, and Hirst says supernumerary breasts are more common than is generally supposed. The famous Anne Boleyn is said to have had more than two breasts, as did one of her ladies in waiting.

The parts of the female form that appeal most to men may be inferred from the words of the poets. Poets have always been considered authorities on love, and have spent much time in writing sonnets to the objects of their affections, in which they describe the points that interest them most.

Solomon catalogued the points of interest. He compared the teeth to a flock of sheep that are newly shorn; the lips to a thread of scarlet; the neck to a tower of ivory; the thighs to jewels; the navel to a round goblet; the belly to a heap of wheat set about with lilies, and the breasts to young roes. After enumerating all these specifications, he exclaims, "How fair and how pleasant art thou, O love for delights!"

The hair as an adornment appeals strongly to

the poets, and the sexual significance is evident. Pope says, "Fair tresses man's imperial race ensnare, and beauty draws us by a single hair." The loose or unbraided hair seems to have always been especially fascinating. In the old National epic of Finland, *Kalavala*, in the description of the Betrothal of Ilmarinen, these lines appear:

"Then he scanned the braidless maidens,
Gazing on the long haired maidens,
On the best of all the maidens,
Fairest maid with hair unbraided."

Highly sexed women have an abundance of hair, not only on the head but upon the body as well. Heavy eyebrows are indicative of sexual power in the female. The pubic hair is thick and curly in the highly sexed woman, and the degree of passion may be judged by the abundance of hair and the closeness of the curls. The woman with straight or stringy pubic hair will be found to be cold and will seldom reach an orgasm. The majority of cases of frigidity have long straight pubic hair. Brunettes as a rule are more passionate than blondes.

Sabouraud¹ says that there can be no doubt that the falling of the hair and the growth of

¹Sabouraud, R.: Connection Between the Genital Development and Pathology of the Hair. *Archives Mensuelles d'Obstetrique et de Gynecologie*, Paris, iii, No. 1, pp. 1-160.

the hair are linked with physiologic genital development. He refers to the yard-long tail feathers of the peacock, as an example, which sprout and fall in the six months which include the rutting period. He has found that after a hair has become detached it does not drop out until seventy-five or ninety days later. This delay explains why some women who are liable to habitual losses of hair find at the third month of pregnancy that their hair is unusually thick, and that the dropping out does not begin anew until three months after delivery. Sabouraud claims that children, women, and apparently eunuchs, never become bald like men. The tendency to baldness, he adds, makes itself manifest between 17 and 22, and is always well defined before 30. The ancient Greeks represented Satyrs as bald, but with thick youthful hair elsewhere, showing that the baldness was premature. Aristotle asked, centuries ago, why men alone became bald.

The feet, especially if small, seem to have been very attractive to the poets. Small feet appearing beneath the skirt have fired more than one poet to tune his lyre to the subject. We find Sir John Suckling saying: "Her feet beneath her petticoat, like little mice stole in and out, as if they feared the light." Herrick

has it: "Like snails did creep her pretty feet, a little out, and then as if they played Bo-peep, did soon draw in again." Ella Wheeler Wilcox writes: "Two small slippers with big rosettes
 * * * peep out under your kilt skirt there
 * * * And between the acts for interlude, I kissed your throat and your shoulders nude." And, finally Solomon exclaims, "How beautiful are your feet with shoes!"

Well developed calves are attractive. Not only is this true among civilized people, but among primitive races as well. Among some
 ✓ primitive people the women tie cords around their legs below the knees to cause the calves to swell and thereby increase their attractiveness.

A widely dilated pupil is an indication of amorousness. This is the reason that women used medicines to dilate the eyes. The Italian women used belladonna for this purpose. The eyes have long been the inspiration of the poets. Dark, dreamy eyes, seem to vie with "eyes of blue." Heredia, in the Sonnets, says: "She raised her mouth and luring, lustrous eyes." Aura Brantzwell said: "Thy eyes are stemless blue irises, floating on a pool." Bryant knew of: "Eyes that shame the violet, Or the dark drop that on the pansy lies." Joaquin Miller spoke of "Soul-deep eyes of darkest night."

In the private diary of King Manuel of Portugal, we find him writing to "Kitty": "Tell me, darling, when will you make me happy again with your dark, dreamy eyes, in which there is so much of sweetness and mystery?" The eyes in true love and in sexual passion dilate and become fixed. "The eyes in general move to express passion; and in the supreme acts of predomination alone, do they become absolutely fixed. Hence, in expressing the passion of love, they assume the look of predomination, softened, however by a certain mingling of languor. In the glance of those in love there is, beyond a doubt, a fixity and predomination, though hidden and seductive. This expression preserves strict harmony with the desire to be loved."²

Full, red lips indicate sensuality. The woman with the full lips is attractive to men, and for this reason we often find thin, pale lips camouflaged by the use of the "lip-stick." Shakespeare sings: "Touch but my lips with those fair lips of thine. Though mine be not so fair, yet are they red." Ella Wheeler Wilcox wrote of "lips as red as the vintage we quaffed." Thin, pale lips go with sexual coldness and a

²Mariano Aguirre de Venero: *Physiognomy of the Eyes*.

disagreeable temper, while the full red lips were, no doubt, what Michael Monahan had in mind when he said of a certain variety of kiss that it was, "the kind that makes you thrill all along the keel and gives the uttermost sense of goneness."

Dress has its effect upon sexual desire. Sturgis³ mentions an instance of a man who confessed that there was nothing more disagreeable to him than to see a naked woman; and the same feeling existed toward statuary. He thought a naked woman looked clumsy, awkward, and anatomically out of shape. The soft curves, Hogarth's lines of beauty, the swelling bosom, the well-shaped hip and thigh, did not in the slightest degree appeal to him; he thought them ridiculous, if nothing more. But a woman dressed, particularly in full dress, was to him a charming object. The hidden charms did appeal to him, but undress the woman and a feeling of repugnance ensued instead of pleasure. Sturgis professes to believe that this taste is an evidence of sexual perversion. I am of the opinion that if this is true a large majority of the men of the age must be classed as perverts. My experience leads me to believe

³Sturgis, Frederic R.: Medical Council, 1907.

that the majority of normal men prefer to see a woman with at least some clothes, rather than entirely nude. This is also the opinion held by Havelock Ellis.⁴

Shufeldt⁵ says that a favorite model told him that it was her practice to disrobe as soon after entering the artist's studio as possible, for, as men are not always responsible for their emotions she felt that she was far less likely to arouse or excite them when entirely nude, than when only semidraped. ✓

Burton⁶ says: "Some are of the opinion that to see a woman naked is able of itself to alter his affection; and it is worthy of consideration, saith Montaigne the Frechman in his Essays, that the skilfullest masters of amorous dalliance appoint for a remedy for venereous passions, a full survey of the body."

The low cut waist and short skirt seem to appeal to men, and a suggestive pose, a slight lifting of the skirt and high kicking must be very fascinating to some men if we are to judge by the well-filled front row at the shows. Dainty lingerie is always attractive to men, and while it is said that in Paris a little lingerie goes a long way, still, most of us admire the "dreams

⁴Ellis, Havelock: *Sexual Education and Nakedness*, 1912.

⁵Shufeldt, R. W.: *Studies of the Human Form*, 1903.

⁶Burton: *The Anatomy of Melancholy*.

of Paris," made from the "shimmering silks from the looms of the Orient—silks, soft as the sheen of pearls, hued like the new peach flower, delicate as a roseleaf in its sheerness, graceful as a Chinese fan." In no instance would a wholly nude woman be half so attractive as the one neatly, if scantily clothed.

Large development of the buttocks is attractive to most men. It is said that the Hottentots when selecting a wife, have all the marriageable women stand in a row, then they select the one whose posterior development extends the greatest distance beyond the line.

Dancing, especially the Oriental muscle-dances, and the more modern Western dances, have a tendency to excite sexual passion. Penny, speaking of the Nautch-girl of India, says: "Her songs are often coarse and obscene, considered from an European opinion, her poses in dancing are calculated to rouse the worst passions in the Oriental who does not fail to comprehend their meaning." Another writer describing the dances of North India says that in every dance there is an abandonment to emotion that produces frenzy in the dancers, and is frequently communicated to the audience, until, as in the South of India, the dance degenerates into an unlicensed orgy.

Our ideas of beauty are confined to form and figure rather than to color. Some savages claim that they do not like the white "sickly" color of our women. This may be on account of the idea, prevalent all over the world, that dark skinned women are more amorous than their fairer sisters. The Greeks were considered the highest type of mental development among the ancients, and they admired the blonde because they believed this color to be indicative of the pure Hellenic blood. It was the opinion of the ancients that the blonde was intellectual but sexually indifferent.

The ideal beauty among the Turks, Persians, Africans, and some South Americans, is the "fat" or stout woman. The ladies of these countries diet themselves for the purpose of increasing their flesh, while our stout ladies use every means to become slim. In some African tribes artificial means are adapted to elongate the breasts, the long, pendulant breast being considered attractive. In China it was formerly the custom to bind the feet until they were deformed to that extent that they became useless as a means of locomotion.

Women have always dressed and moulded their forms to please the men, and it would seem that men are best pleased with that woman

who will by her form, training or dress most excite sexual desire. Joyce and Thomas⁷ relate an amusing instance which brings this fact out very forcibly. A lady missionary was trying to impress a Chinese girl with the folly of foot-bandaging. The girl said: "Me squeezezy feet; you squeezezy waist; alle same what for? Get husband."

It may be stated as a fact that the woman who can meet all the foregoing conditions, and who possesses a voice that is pleasing and a disposition that is sweet can have her choice of the men of her acquaintance. *Formosa facies muta commendatio est.*

⁷Joyce and Thomas: Women of All Nations, 1911.

CHAPTER VI

IMPOTENCY

There is probably no one thing that will so depress the spirits and ambition of a man as will the fear of losing his sexual powers. Once he gets to brooding over his sexual condition, the stronger will become his conviction that he is failing. He is unable to attend to his business affairs as he was before, and his business begins to fail. Men who have been noted for their business acumen will all at once, without any apparent reason, lose control of their affairs, and failure follows. The idea that he is failing sexually will so prey on his mind that it will become an obsession with him. Through fear of failure he will be unable to perform the act a few times, and then he will be unable to longer concentrate his mind upon his business problems. Many business failures could be traced back to this source. It would be best for men, when they fear they are failing, to retire from business, until such a time when they may have established their confidence in their own sexual powers. The influence of the mind over the body cannot be ignored. I am thoroughly in accord with Flint,¹ where he says:

¹Flint, Timothy: Droz's The Art of Being Happy, 1832.

“I firmly believe that the greater number of deaths, instead of being the result of specific diseases, to which they are attributed, are really caused by a series of imperceptible malign influences, springing from corroding cares, griefs, and disappointments. To say that more than half of the human race die of sorrow, and a broken heart, or in some way fall a victim to their passions, may seem like advancing a revolting doctrine; but it is, nevertheless, in my mind, a simple truth.”

✓ I am convinced that the greater number of cases of failing sexual power are due to psychic causes, and that they may be relieved by bringing the patient into the proper environment together with suitable treatment; still, there remains a number of physical causes that may be met with occasionally, and which must not be overlooked in considering the subject. This phase of the subject will be treated but briefly, as such cases as are amenable to treatment come under the head of surgery, and are well treated in books on that subject. It is well to note, however, that in many instances conditions believed to be due to physical defects are in reality due to psychical causes. A thorough examination is advisable in all cases. Briefly the more common physical causes of sexual incompetency in

the male are classed under the following heads.

✓ Stricture may interfere with the act or produce irritation that will cause premature emissions to follow. In such cases the evident thing to do is to remove the stricture and cure the irritation. More often it will be found that there is no stricture, but that a congestion of the mucous membrane resulting from gonorrhea reduces the caliber of the urethra. Real stricture is not common. Frequently treatment for stricture which failed to give results has been found to have not been stricture.

Hypertrophy of the prostate may cause a discharge too early without erection. Hemorrhoids when very much inflamed and painful may cause emissions on account of the inflammation extending to the glands. Constipation is also a cause of emissions, especially those emissions which occur at stool.

The size of the penis does not matter so much so far as the ability to perform the act is concerned, providing the woman has sufficient contractile power of the vagina to close sufficiently about the organ and produce the necessary friction.

Among other physical causes of impotency, or inability to perform the act, may be men-

tioned: calculi of the prepuce, elongated prepuce, and shortness of the frenum. Where the frenum is so abbreviated as to make the erection painful, the pain will be so severe that copulation becomes practically impossible.

✓ The penis, like all other muscular organs, may be enlarged by massage and use.

Sometimes we meet with a case where there is an adhesion of the penis to the scrotum. In cases of this kind surgical interference is plainly indicated.

A bifurcated urethra is sometimes found, but like the foregoing the condition is rare. It is believed that this condition would prevent the owner from becoming a father. There appears no valid reason for this belief so long as the urethra opens at the end of the penis. Even in the rare cases where the opening is at the side and back of the glands, fecundation would still be practical by artificial means. In a case of bifurcated urethra I would attempt to remedy the trouble by an operation.

Varicocele, especially in the later stages when the testicles have become soft and spongy, will cause a loss of both desire and ability to perform. Loss of both testicles may be considered a sure indication of impotency although where the testicles have been removed after one

has reached manhood, he may still be able to copulate for quite a while after the loss of the organs.

Gonorrhea is unquestionably the principal cause of those cases of impotency that are usually ascribed to physical troubles. It is interesting to note that impotency is rare among farmers and other classes who are not so prone to contract gonorrhea. Early marriages seem to be productive of sexually strong men, and impotency is relatively rare among those who married early and continued in the marital relation.

Obesity may be mentioned as a very frequent cause of failing power. Fat men are said to be poor bed-fellows. By reducing flesh these cases usually regain their former power. Persons in the later stages of consumption frequently show remarkable sexual vigor. Sexual power and desire seem to increase with emaciation. Nature makes a strong effort to preserve the species.

Aside from the inability to obtain and sustain an erection the most of my cases have been about equally divided between those who complained of premature ejaculation, and those who failed to reach an orgasm. Premature discharge will generally be found to be caused by

an irritated condition of the prostate or neck of the bladder. Old chronic cases of gonorrhea are frequently troubled in this way. I have
✓ experienced greater trouble in relieving the patient who has no trouble in securing an erection, but can only after long continued effort, if at all, reach an orgasm. ✕ So far, the only
✓ remedies that have given any decided relief in these cases in my practice are lycopodium, cantharides, and ambergris. Local application of nitrate of silver to the deep urethra has given some relief.

CHAPTER VII

PSYCHIC IMPOTENCY

Sexual neurosis in the male is frequently due to some pathological lesion in the prostate, seminal vesicles, or the spermatic cord. Such conditions are common where there has been a recent gonorrheal urethritis. It is a condition that is not always easy to diagnose, as the patient frequently complains of symptoms remote from the point of pathological lesion. The cure is more difficult than the diagnosis. The symptoms complained of vary from time to time, and are out of proportion to the extent of the lesion. The patient will have an entire new set of symptoms at each visit, and they will range all the way from a slight unpleasantness to complete physical disability. A complete history of the patient as well as of the case must be obtained, as a neurotic temperament or tendency will usually be found to be a predisposing cause. Nowhere will you find the mental element so strong as in sexual neurasthenia or psychic impotency. The words of Droz¹ are especially applicable in this connection: "Another influence adverse to life, is that mental feebleness, which

¹Droz, M.: The Art of Being Happy. Flint's Edition, 1832.

renders persons continually solicitous about their health, effeminate and unhappy, fixing their thoughts upon the functions of life, those functions that are subjects of this anxious inspection, labor. Imagining themselves sick they soon become so." Thus, a man will brood over his imaginary sexual weakness until he fails a time or two and then he has lost all faith in himself, and is firmly persuaded that his power has vanished.

Wolbarst² mentions a number of important diagnostic points that should be remembered in dealing with cases of sexual neurasthenia due to pathological lesions in the urethra. The patient in trying to locate and describe the trouble will invariably run his finger along the under side of the penis. It is also noted that the pains, however harassing and distressing they may be during the day, do not persist at night, that is, they will not awaken him should he fall asleep, but as soon as he awakens the pains will return. There may be lack of sexual desire, but commonly the desire is strong but through fear of failure there can be no erection or if there should be an erection at the beginning it fails before the act is completed.

²Wolbarst, Abraham L.: *Gonorrhea in the Male*, 1911.

Hudovering³ mentions a form of psychoneurosis in men who have settled down into bachelor existence with considerable business responsibilities but finally were making arrangements to get married and were worried for fear they were not going to be capable of fulfilling their conjugal duties. From worrying it is merely a step to a neurotic phobia with psychic depression, loss of confidence in all the affairs of life, loss of appetite, palpitation, dizziness, and a whole train of neurotic symptoms which would cause failure through fear of failure.

Sidis⁴ says that the anxiety states of neurosis and psychosis are essentially the offspring of fear. The anxiety states are due to the awakening of the fear instinct normally present in every human being. The fear instinct is a fundamental one, it is present in every normal human being; it is only inhibited by the whole course of civilization and by the training and education of social life. It is however awakened by the mother while carrying her child. Thus we find that illegitimate children as well as most legitimate ones that were unwelcome, are inclined to melancholia and fear. This it

³Hudovering: *Sexual Neurasthenia in Engaged Bachelors in the Forties*. Medizinische Klinik, March 30, iv, No. 13.

⁴Sidis, B.: *Fear, Anxiety and Psychopathic Maladies*. *Journal of Abnormal Psychology*, March 30, 1911.

would seem is due to the awakening of the fear instinct in the mother.

✓ Should a case present a local lesion, treatment must be directed to its relief, but attention must be given to overcoming the mental fear of failure. A very successful means of meeting this condition was that devised by an advertising specialist and which consisted of an electric chair. He cut a large hole in the seat of a wood bottom chair, and attached a shallow pan beneath the hole. One pole of a galvanic battery was attached to the tin receptacle and the other to a head rest at the back of the chair. The mode of operation was to cause the patient to sit on the chair with his organs suspended in the receptacle which was filled with water. The head rest was adjusted to the base of the brain. Suggestion was given that as the treatment progressed the organs would regain their old time power. At the first treatment no current was applied. At each subsequent treatment the current was gradually increased until the desired effect was obtained. It was claimed that the results of this treatment were all that could be desired.

Another frequent cause of failure which should be considered is a lack of response on the part of the woman. "A woman without

sexual passion is like a bird without song, a flower without perfume, an Eden without sunshine." A woman who experiences no pleasure in the embrace, or who through fear or dislike fails to respond to the advances of the man, can soon kill all the desire he may have, and cause him to become sexually indifferent or incompetent so far as she is concerned. He will probably seek more congenial fields and a house divided against itself will be the result, unless he does as many do, thinks that he is the party to blame and goes to the physician for relief. Churchill expressed a great truth when he wrote: "But spite of all the criticising elves, those who would make us feel, must feel themselves." The woman who learns how to act well her part will have no trouble in retaining the love of her husband. Balzac strikes the key-note where he says: "The successful wife is a prude to all the world and a courtesan to her husband."

When a man has once failed with a certain woman, he may experience considerable trouble for a time with any woman, but should he again be successful with the one with whom he failed he will find that his powers have returned.

Some men are unable to perform the act in strange houses, strange beds, or in unaccus-

tomed positions. Women are also similarly affected and more often than are men. Most women have certain postures that they prefer and are often unable to reach on orgasm in any other position.

Most men experience periods of a week or so at a time when they are below par sexually, but after this period has passed are themselves again. This is sometimes styled the menstrual period in men. A period when they are indifferent to sexual matters. In this, the effect is opposite that upon the female during the menstrual period. By explaining this fact to our patients we can often set their minds at rest.

Kurt Mendel calls attention to a period which is called the male menopause and which usually appears between fifty and fifty-four years. The subject "experiences a condition of anxiety and unrest; he does not seem to be able to accomplish his desires; he feels generally weak, and a tendency to weeping becomes manifest." Other symptoms are cerebral congestion, heart palpitation, headache, vertigo, sleeplessness, mental depression, failure of memory and attention, and impairment of sexual desire and power.

This period occurs in men from five to ten years later than in women. The disturbance

lasts from ten months to four years, however the change is not marked by that general disturbance that occurs in women, and the prognosis is good.

Tankin observed that there is a similar liability to the awakening of latent proclivities as in women, and these would seem to be a change of tissue equilibrium conducive to the establishment of pathological conditions.

The structural alterations which occur in the ovaries of women find a counterpart in structural alterations in the prostate gland. The reason that mental changes are not more often observed is probably due to the fact that the prostate has not the same action on life of men as the ovaries have upon the women of child bearing age.

The close relationship of the sexual organs and the thyroid is so intimately marked in both sexes, so that senile mental incompetency occurring at an early period, may be inferable to the changes associated with the tissue changes of these glands.

The results of this condition may be disastrous if not properly treated. One case under my observation, the owner of a large drygoods house and a successful business man, lost his trade and failed in business in less than eight-

een months. Another who had a reputation for ability, and stood high in the estimation of the people, suddenly developed peculiar actions resulting in perverted sexual acts and was forced to discontinue his business.

It is during this period in life that many successful men fail in business and men of noble character often fall from the path of rectitude. From a medicolegal standpoint these men are not mentally competent and should be shown that leniency, especially in criminal prosecution, that is granted other mental incompetents.

When this period is passing and the system is trying to right itself and return to the normal, many peculiar sexual manifestations may appear. This may usually be seen in peculiarities of dress, of posing and in trying to attract the attention of women, but is more common in conversation in which women are the principal subject.

After passing through this period many men will regain much of their former virility and business acumen. They need rest, and such treatment as may be indicated. However, the greater number of these cases develop an idea that they are supermen and refuse all sugges-

tions that they retire from business and take a rest.

Instances are recorded where a man has become impotent while trying coitus, by thinking about the failures in copulation of another of whom he had heard.

Temperament has much to do with sexual incompetence. Descourlitz describes the characteristics of the frigid apathetic lymphatic constitution as indicative of anaphrodisia. Tissot has given examples of the anaphrodisiac of intense mental occupation on the generative functions, and Peyrilke reports the case of a mathematician whose problems so engrossed his mind that he was incapable of ejaculation. It has also been noted that the sexual organs of very close students have not developed in proportion to other parts of the body. I have had patients who claimed that they were unable to perform the act on the night they had attended a moving picture show and become greatly interested in the picture. Girls and women who read novels a great deal are inclined to be indifferent for the reason that they cannot keep their minds away from the stories they have been reading. In such cases it might be well to prescribe that they read Boccaccio's Decameron. Love or desire may sometimes become so intense as to de-

feat its own object, rendering a man incompetent with the one with whom he is most anxious to acquit himself well.

The sexual powers are most marked in the sanguine temperament, and those women who are large, florid, and have an abundance of black or brown hair. The lymphatic temperament with sparse hair is said to be cold and devoid of sexual impulses and desires. Blondes are considered cold and indifferent.

Extreme joy may cause a man to become impotent. Roubaud mentions a patient who became incapable of coitus when he learned that he had won a large sum of money from a lottery. Impotence due to shock has followed railroad and steamship wrecks. I knew a man who failed after the finding of oil on his farm which made him very wealthy. In these cases the failure is due to the fact that the patient cannot longer concentrate his mind on sexual matters, being so engrossed with his new found wealth. Prolonged continence may cause atrophy of the genital organs and loss of power.

Malchow⁵ calls attention to the fact that when suggestive acts on the part of the man do not meet with a ready response, it is likely to cause anger and resentment, which in turn may make him incapable of cohabitation at the time.

⁵Malchow, C. W.: *The Sexual Life*.

CHAPTER VIII

SENSUALITY IN WOMEN

Most women have sexual desires, although those desires may not be satisfied by coitus. After receiving the confessions of a very large number of women I must agree with La Bruyere that "an insensible woman is merely one who has not yet seen the man she must love." "As a man thinketh in his heart so is he" is as true of women as of men.

Montaigne¹ held that women are more apt and more ardent than men are and that it is natural with them as it is born in their veins.

Guttceit,² Vedeler,³ Blackwell,⁴ Morro,⁵ Kisch⁶ and many other writers hold that women are more erotic than men. The fact is that the great majority of women are more passionate than men, and in the small per cent that do not respond to their husbands we can still believe that under the proper surroundings they would find great pleasure in the embrace. Ellis⁷ calls

¹Montaigne: *Essays*, Book III.

²Guttceit: *Dressig Jahre Praxis*, 1873.

³Vedeler: *De Impotentia Feminarum*. Norsk Magazin for Laegevidenskaben, 1894.

⁴Blackwell, Elizabeth: *The Human Element in Sex*, 1894.

⁵Morro, A.: *La Puberta*, 1898.

⁶Kisch: *The Sexual Life of Women*.

⁷Ellis, Havelock: *Analysis of the Sexual Impulse*, 1918.

attention to the fact that "the female throughout nature not only requires much loving, but is usually fastidious in the choice of a lover." Women are not free to select an affinity and if the man they receive is not the proper mate, they fail, and through ignorance they accept their fate, believing that they are constituted different from other women, and that they will never find the same pleasure in the embrace that other women receive.

I have been consulted by many women who, experiencing no pleasure in the sexual embrace, believed the fault was with themselves, and desiring to retain the love of their husbands, came to the physician for treatment. In many of these cases I must agree with Sollier that sexual frigidity, especially in well developed women, is a symptom of hysteria.

Running through my case records I find various reasons why women fail sexually. One wants to be a whole woman, loves her husband, has tried to fool him for years, but fears that he will learn that she does not respond. Another was taught when a girl that sexual intercourse was "low and coarse," and afraid to reach an orgasm for fear her husband would think her "common." Others, and there are many of these, do not care for their husbands,

but can reach the heights with other men. There are many who are in a state of mental rebellion for fear that they will become pregnant, and these fail to reach an orgasm. All of these are representative of conditions bordering on hysteria.

In these cases where a woman tries to hide or suppress her feelings because of fear, or because of mistaken ideas of the propriety of the act, we are confronted with what Adler⁸ calls morbid inhibition or a foreign body in the consciousness. It is this "foreign body," be it in the form of a morbid fear of becoming pregnant, the thought that evidence of pleasure is degrading, or the all too common dislike for the mate, or desire for another, that causes so many women to fail as wives.

There are but few normal women who would not respond to the proper stimulus. Many women, while experiencing pleasure, fail to reach an orgasm and are left in a state of nervous excitement. This is followed by weakness, loss of weight and a general breaking down of the nervous system. We meet these peevish, cross and despondent women every day in our practice.

If a husband fails to bring to his wife a satis-

⁸Adler, O.: *Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904.

factory conclusion of the act, she will receive the impression that she cannot reach an orgasm, and unless that foreign body is removed from her mind, she will continue to fail. Many women reach a high state of excitement, but, as the seance is over before she finishes, she is left in a nervous state which is detrimental to her health.

Great suffering often follows the repression of the sexual instinct, and many women have become mental and physical wrecks because of the lack of sexual relief.

In the male the height of sexual power and passion appears much earlier than in the female. Thus, we find boys of twenty at the very height of their sexual power, while women do not usually reach their highest sexual power and desire until between 25 and 35.

Ovid^o held that a woman does not understand the art of love before she reaches 35.

The age at which woman reaches her strongest sexual desire is given by Nystrom at 30; Forel, between 30 and 40; Napier, at 28 to 30, and Yellowless places it at about the age of 33. Sexual development appears earlier in girls than in boys, but after puberty the male reaches

^oOvid: *Ars Amatoria*.

the height of his sexual power at a much earlier age than the female.

Very fleshy women frequently fail to reach an orgasm on account of the thick pad of tissue that covers the clitoris preventing the necessary friction.

I cannot agree with Trousseau, Lowenfeld, and those who hold that women are not exhausted by repeated acts of coitus as are men. If we take into consideration the fact that the woman does not reach her highest excitement until the second or third orgasm, while the man reaches his greatest excitement with the first, it is evident that the woman will become as greatly exhausted as he, after she reaches the same degree of excitement. The first orgasm acts as a stimulant to the woman, and if the seance is discontinued at this time she will feel elated, which is usually shown by her conversation.

I have case records of two women who became so intensely excited during coitus that they would faint. One, a finely developed woman of 22, whose husband was away from home the greater part of each week, would experience normal pleasure at the first orgasm, but if the act was repeated she would become so excited that as soon as she reached an orgasm she

would faint and it would require considerable effort to revive her. The other was a prostitute who said, that about once each month she would become so excited during the act that she would have a fainting spell.

The following case came up in my practice:

Mrs. B., Widow. Refined. Well developed, inclined to be stout, brown hair, heavy eyebrows, pubic hair thick and curly. Said that while she was working in the kitchen one evening she suddenly became so passionate that she attempted to masturbate using an egg for that purpose. The egg slipped from her fingers and entered the vagina. In attempting to remove it the shell was broken. She came to me to have the shell removed. The shell was crushed into small pieces and was held in the folds of the vaginal walls. There was some abrasion of the surface but no complications. This woman was the widow of a farmer and lived on the farm with her children. She confessed to periods of almost uncontrollable sexual passion.

I have case records of one woman who reached 37 complete orgasms at one coitus, her husband being able to control his own passion. Another who had 14 complete orgasms in one night, not at one coitus, however.

There is a great diversity of opinion regarding the cause of girls becoming prostitutes. I believe that a large per cent are due to sexual passion. In the large numbers of cases that I have investigated about half were due to sexual passion, a fourth to love of idleness and luxury, and the balance to poverty and loss of home

ties. I believe with Elliott¹⁰ that only the mentally subnormal women become prostitutes.

Parent-Deschatelet divided the causes about equally between poverty, seduction, and loss of parents or home. This is the opinion of this writer after considering five thousand cases in Paris in 1851.

Merrick,¹¹ reporting on 16,022 prostitutes that came under his observation while he was Chaplain at Millbank Prison, found 5,061 who desired a life of pleasure; 3,363 gave poverty as the cause; 3,154 were seduced and drifted on the long trail. It is well to note that Merrick says that 4,790 or about one-third, owe their condition directly to men. This in the light of my experience is about the average per cent of those who can lay the blame wholly upon the men. Merrick further states that those pleading poverty as the cause of their downfall were indolent and incapable.

Logan,¹² the English city missionary, divided prostitutes into four groups: one-fourth of the girls were domestic servants, waitresses, etc.; one-fourth came from factories; nearly one-fourth recruited by procuresses and cadets; the

¹⁰Elliott, Albert R.: *The Cause of the Social Evil and the Remedy*, 1914.

¹¹Merrick, S. P.: *Among the Fallen*.

¹²Logan, W.: *The Great Social Evil*, 1871.

other fourth were those who were temperamentally unfitted for ordinary vocations, or those who had been seduced.

Sanger¹³ found of two thousand in New York that over half claimed destitution and inclination as the cause of their downfall.

Woods Hutchinson gives 42 per cent as due to love of luxury, display and idleness; 23 per cent to bad family surroundings.

Ferriani¹⁴ gives about 25 per cent each to vice and depravity, and to loss of home ties.

These statistics were gathered mainly by men who overlooked the sexual element in their zeal to prove the effect of poverty, and the lack of religious training on these women. All the cases ascribed to seduction, and the desire for a life of pleasure, may well be charged to sexual passion. Elliott found that few prostitutes cared to change their way of living to in any way better their condition, which proves that economic problems have but little bearing on the cause of prostitution in America. The great majority of prostitutes are what they are because of a low mentality and a highly developed sexuality.

¹³Sanger: History of Prostitution.

¹⁴Ferriani: Minorenni Delinquenti.

CHAPTER IX

MASTURBATION AND EMISSIONS

Perhaps more has been written about masturbation than any other sexual subject. It has been held before the youth of the land as the most dangerous habit that one could acquire. Fearful are the results that follow this habit, even if indulged in to ever so limited extent, if we are to believe the writers of a century ago, as well as non-medical writers of later date. It is easy to form the opinion that insane asylums and feeble-minded institutes are maintained solely because of this habit, if we believe these writers.

While I do not want to minimize the bad results that may and sometimes do follow the habit if indulged in to excess, yet, masturbation, if not practiced to excess is no more injurious than is coitus interruptus. In fact the latter habit is really more injurious when indulged in to the same extent. Coitus interruptus has the added evil that it affects both the male and female. Many of our worst cases of neurasthenia may be traced to the latter habit.

The injury of the male by masturbation lies in the loss of the glandular secretions, which if

one is continent are absorbed by the blood and lymph streams and carried to the muscles, brain, and spinal cord, there to produce their magic power. When these secretions are discharged they are lost, and, if the loss is excessive it will soon be felt in the weakness of the system, inability to concentrate the mind, and irritableness. Boys and young men, while in school, should conserve the vital force as much as possible, as they require all the vital energy they can obtain to support the growth of the body and the strain on the brain and nervous system due to study.

Masturbation and coitus interruptus are more injurious to the system than normal and complete coitus because of the fact that there is a psychic impulse received from the partner in the normal act which is absent in the interrupted act.

The action of the secretions from the Bartholinian glands upon the male organ is well known, and it is not unreasonable to believe that the secretions from the male will have a similar effect upon the female. In coitus interruptus not only is this effect lost, but there is a decided nerve shock to both parties. This soon leads to neurasthenia and despondency.

Sturgis¹ holds that nocturnal pollutions are not injurious, and that emissions in the natural sleep are not a cause for alarm. On the other hand, he says that where involuntary pollutions occur during the day it is very injurious. My experience in treating this class of cases leads me to believe that the physical and mental depression is due to the loss of the secretions, and that depression must follow an excessive loss regardless of the hour that the loss takes place, and the greater the loss, the greater will be the depression.

The really virile man is the one who conserves his testicular secretions that they may go to build up and charge with vim and vigor the muscular system and the brain. The hard worker will use up more than the man of leisure, and it is well known that the latter furnish the greater per cent of our cases. The good liver, who does but little work, either physical or mental, and is more or less constantly in the company of women will frequently store up an excess of these secretions, then if not relieved through masturbation or coitus, nature will relieve the congestion by discharging through the urethra. In this connection man may be com-

¹Sturgis, Frederic R.: Notes and Reflections on the Causes Which Induce Marital Infelicity Due to the Relations of the Sexes. Medical Council, July, 1907.

pared to a steam boiler. When the pressure of the steam in the boiler becomes too high it is permitted to escape through the safety valve. In the normal man, the excess is discharged by emissions. The man of leisure can stand a greater drain by sexual excesses than the one who does exhausting mental or physical labor, as his system will not take up so large an amount of the secretions. If, however, the spring of the safety valve on the boiler should become so weak that it would not hold the pressure the steam would escape as fast as generated and there would be no power come from the boiler. Where there is a weakness that permits a continual loss of semen the patient will become weak, discouraged, and despondent. There is also a similar condition in women. An excessive secretion from the Bartholinian glands and the uterus greatly weakens the woman, and is followed by conditions similar to those found in men. We see that masturbation and sexual excesses are very injurious to women, when they reach the stage of excitement where there is a discharge from the glands, or an orgasm. Women frequently experience the sensation of a discharge from the Bartholinian glands when dancing or when being caressed. We often see young women who

are engaged or keeping company with a man, becoming weak, nervous and listless, and girls who dance complaining of feeling weak and irritable the day following the dance. This is due to the over-excitation of the sexual organs and the loss of the secretions.

I cannot agree with those writers who claim that as there is no seminal discharge there can be no injury to the woman from masturbation, other than that due to reflex nervous conditions. I am convinced that the evil result from masturbation in the female is fully as great as it is in the male. The loss of the secretions from the female organs is nearly as depressing to her as the loss of semen is to the male. Women experience a discharge from slighter stimuli than do men. It may be brought on by dreams; by kissing; by contact with the partner in the dance, and by pictures, stories, and day-dreams. Women frequently confess to becoming "wet" (discharge from the Bartholinian glands) when their breasts come into contact with their partner in the waltz.

The treatment of these conditions calls for a removal of the cause so far as possible. If there are emissions or pollutions we usually find that the safety valve spring is weak, hence tonics are indicated. The young woman who is

engaged and experiences a feeling of weariness and becomes despondent and irritable should be advised to hasten her wedding day. The girl that dances may be advised to refrain from the dance. The latter cases as well as all masturbators should be placed upon sedatives. *Salix nigra* aments persistently used will control most of these cases. The hooded clitoris must be unhooded. The elongated foreskin should be abbreviated. After all causes of irritation are removed, sedatives should give relief.

Circumcision in itself will not prevent the boy from masturbating, but it is often necessary to perform the operation before we can secure any lasting benefits from our treatment. On the other hand the circumcision of girls is generally followed with a discontinuance of the habit, and their health and dispositions show a great improvement. In operating for hooded clitoris the V-shaped incision should extend far enough to completely denude the clitoris. Most failures are due to not making the incision long enough.

The removal of the testicles stops the secretions that mark the difference between the strong, high-headed, sleek-coated, spirited stallion, and the stupid, plodding gelding. The removal of the ovaries changes the brilliant, fascinating woman into an indolent, careless one.

Asexualization changes the individual, physically and mentally, from an energetic, hopeful attitude to a careless and despondent one.

The effect of asexualization is well illustrated in the cases in the Kansas School for the Feeble Minded, at Winfield. During the administration of F. Hoyt Pilcher, at this institution, asexualization was performed on fifty-eight inmates. Fourteen of these were girls and forty-four boys. In 1911 there were fourteen girls and twenty-two of the boys still remaining in the institution. In reporting upon their mental and moral faculties, twelve years after sterilization, Cave² says: "Mentally, I see no especial change in any particular. Their school work shows no marked superiority over others who are in possession of all their organs. Morally, they are not addicted to onanism and other prevalent perversities but this is not because their standard of morality has been elevated, it means that the elimination of physical factors has caused the betterment. The average age at the time of operation was twenty years. Of the girls but one has become obese. Menstruation has ceased in all cases with atrophy of the uterus. Nearly all the girls at the period cor-

²Cave, F. C.: Report of Sterilization in the Kansas State Home for the Feeble-Minded. *Journal Psycho-Asthenics*, March, 1911.

responding to the monthly epoch complain of backache, 'bearing down' sensations in pelvic region, and are obliged in a few cases to cease their household duties and rest in bed. The symptoms being very similar to conditions if flow was present. Atrophy of the breasts noted in all cases. All desire for sexual intercourse and all erotic fancies seem to have been eliminated. Several are epileptic, the removal of the ovaries having no influence on their seizures. In appearance of face and body there is no difference whatever, except the atrophy of the breasts, and also in nearly all cases of blanching of the entire skin giving the individual a fairer appearance. Among the boys, three have become obese. One especially assuming the feminine type, high pitched voice, development of the breasts, loss of hair on face, change of bodily contour. All the boys have usually fair skin, and most of them have scanty beards. All sexual desires have been lost and they are impotent in every sense of the word." This is the most complete description of the effects of asexualization that I have seen. It also proves that no mental improvement may be hoped for from this operation. The only operation that can be advised with the knowledge we now possess, is that of ligating the vas deferens of the male.

This will prevent reproduction, and, while it would not prevent masturbation, it would conserve the semen to be absorbed by the system. It does not appear to make much difference at what age castration takes place, the result is the same in any case. A few of the Kansas cases were operated upon before puberty, but they show no material difference from those that were sterilized in adult life. The point here is that while castration will prevent masturbation as well as all sexual desires, it leaves the patient in such a condition that no possible improvement may be hoped for in any way.

With men there is a limit to indulgence due to the impossibility of provoking an erection after a certain amount of indulgence. With women there is practically no limit, as by playing the passive part she can stand continual intercourse, or masturbation for a long time. One case was reported to me of a prostitute who received the attentions of thirteen men, one right after another, without rising from her position on a pile of hay. Wantz³ says that to his personal knowledge thirty-two men visited one girl in Chicago in a single night. The vaginal mucous membrane may become very tough and resemble parchment after continual sexual

³Wantz, Herbert E.: Medical World, May, 1912.

excesses or from the use of strong acids in the douche.⁴ In such cases nearly all sensibility is lost. I have seen feeble-minded girls pick up a rough stick and use it with which to masturbate, and continue until their attendants would stop them, but no case of injury was ever reported.

⁴It is frequently the case that women who have been accustomed to the use of strong acids in the douche water, have found that the pleasure of coitus has failed them and they have become indifferent to the act. The acids harden the mucous membranes and deaden their sensibility. Strong acids should never be used. Bisulphate of quinine in the douche will not only give as good results as will acids, but at the same time it will soften the membranes and leave them in a velvety condition with increased sensibility.

CHAPTER X

TREATMENT OF IMPOTENCY

The treatment of impotency may be divided into local and internal, or remedies for internal and for local application.

A great variety of remedies have been tried with more or less success in the treatment of impotency. A general review of the remedies and methods prescribed will not be out of place at this time.

Roubaud praises *nux vomica* applied to the glands, and Stimpson recommends *echinacea* locally. Hunt¹ claims good results from the following:

R	Tinc. capsicum	℥ xxx
	Boracic acid	3 j
	Petrolatum, qs.	3 j
	M. Sig.: Apply locally four times a day.	

Murrell² gives the following formula for a local application:

R	Tr. cantharides	3 ss
	Water	3 iv
	Cologne to scent.	
	M. Sig.: Apply locally to parts.	

¹Hunt, Vere V.: Medical World, 1907.

²Murrell, William: A Manual of Pharmacology and Therapeutics, 1896.

The Vaid³ of India place great faith in a local application prepared according to the following formula:

℞	Pellitory root	gr. xlvijj
	Nutmeg	
	Mace	
	Cloves	
	Mercury	
	Cannabis indica	
	Yellow arsenic āā	gr. iij

To be finely powdered and made into small pills with spirit. When required one pill is powdered and made into a thin paste with spirit and applied at night.

Combinations of musk and capsicum, and of echinacea and cantharides in an ointment have been tried locally and some favorable reports have been made on their use.

✓ All forms of splints, rings, pumps and similar mechanical contrivances have proven such failures that I consider it a waste of space to give them any attention.

A few years ago the operation of ligating the dorsal vein of the penis was highly recommended as a remedy for deficient or entire lack of erection. Rawlings⁴ reported seven cases which he claimed were cured by this operation. If any relief was ever gained from this method

³Aphrodisiac Remedies, Delhi, India, 1910.

⁴Rawlings, G. B.: Medical World, May, 1909.

it must have been due to the psychic effect, and not from the physical change. I had not heard of this operation being performed for several years, until it was called to my notice by a query in a leading medical journal.⁵ The reply of the editor is so concise and to the point that I will give it in part: "Naturally it was considered logical to treat men with impotence by an operation to, or even a ligation of, the dorsal vein of the penis. The operation several years ago was in vogue, but the ultimate results have not been favorable. In some cases after ligation of the dorsal vein, there is practically no change in the erectile power of the penis, the blood escaping from the penis through the superficial veins; in other patients the immediate result is a complete erection lasting from a few days to several months, usually accompanied by pain, which gradually subsides as the collateral circulation is established through the superficial veins, and then the patient is in the same condition as before." The operation is a simple one to perform, but it cannot be considered good practice to resort to an operation which promises such uncertain and doubtful results.

Turnbull (1807) in his history of his voyages mentions the use of the seminal fluid itself as

⁵Journal American Medical Association, April, 1913.

a remedy for loss of virility by the inhabitants of the Island of Oteheite. An instance came to my knowledge a few years ago, where a man who kept a breeding barn for horses and jacks, had a habit of applying the secretions from the mares to his genital organs, claiming that it greatly increased his power and desire.⁶

Much has been claimed for electricity in the treatment of this condition. It is, however, doubtful if there is really very much virtue in electricity as used in the treatment of impotency. Sparks to the lumbar spine and perineum, and the static wave to these parts has many advocates. In the early stage of irritable impotence with premature ejaculations, the patient will suffer from deep urethral sensitiveness, which may be relieved by the introduction of a steel sound and the application of galvanism. I have apparently gotten some good results with this treatment, but I am not so sure but that the effects were due largely to suggestion. It is proper to use electricity, the vibrator, or any other means that will impress the patient with the thought that you are doing something, and that you have the ability to give him relief.

⁶There are numerous references in literature to the administration of semen to produce sexual strength. See Crawley: *The Mystic Rose*; Ellis: *Sex and Society*.

Tobacco smokers, especially those who exhale the smoke through the nose, are usually the hardest to cure. The habit must be discontinued, and treatment directed to restoring the nasal membranes to a normal condition. A very large per cent of the cases of impotency that come to our knowledge are due to the use of alcohol, tobacco, and narcotic drugs. In fact, aside from the relatively few that are purely neurotic, or that have some physical disability, we seldom see a case except in a user of alcohol, tobacco, morphine, or cocain. But little encouragement can be offered the patient who uses tobacco or narcotic drugs so that they have direct effect upon the mucous membranes of the nose.

A careful examination of the deep urethra should be made in all cases, using the urethroscope. In those cases where an erection cannot be had, the whole sexual system and penis appear to be bloodless. This anemic condition should be treated in the same manner as one would use in treating a similar condition in any other part of the body. We must use such remedies and means as will stimulate an increased flow of blood to the parts. Cantharides is no doubt our best internal remedy for this condition. Care must be exercised in its use, as serious consequences may result from over-doses.

Gross⁹ uses the following:

℞ Tr. nux vomica
Tr. ferri chloridi
Tr. cantharides āā 3 iv
M. Sig.: Ten drops three times a day.

A formula that is in general use in England, in the treatment of impotency, is recommended by Latham:¹⁰

℞ Ext. damian gr. iij
Phosphorus gr. $\frac{1}{30}$
Strychnine gr. $\frac{1}{30}$
M.: Sig. One pill thrice daily.

Latham¹¹ also gives the following formula:

℞ Ext. damiana liq.
Syr. glycerophsph. com.
Syr. hypophosph. com. āā ℥ xxx
Dec. hordei ad 1 oz. in a little water thrice daily.

Murrell¹² recommends the following combination:

℞ Tr. cantharides 3 ijss
Tr. chloride of iron 3 ij
Tr. nux vomica 3 iss
Diluted phosphoric acid 3 ss
Glycerine 3 iij
Elix. orange 3 j
Water qs. 3 viij
M. S.: An eighth part to be taken three times a day, after meals.

⁹Gross, Samuel W.: A Practical Treatise on Impotence, Sterility and Allied Disorders of the Male Sexual Organs, 1887.

¹⁰Latham, Arthur: Dictionary of Treatment, 1908.

¹¹Latham, Arthur: Dictionary of Treatment, 1908.

¹²Murrell, William: A Manual of Pharmacology and Therapeutics. 1896.

I have found the following to give good results in some cases:

℞	<i>Avena sativa</i> (Keith's)	
	Specific Saw Palmetto, aa.	℥ ij
	Tr. <i>Cantharides</i>	3 iv
	M. Sig.: Teaspoonful three times daily.	

In another class of cases we have premature ejaculation or emissions. On examination we find that the deep urethra is in a highly inflamed or irritated condition. Our duty in these cases is to reduce the irritation. Of the local remedies for this condition *hamamelis* is possibly our best remedy. It should be injected into the deep urethra. Internally, *salix nigre*, *cannabis sativa*, and *gaultheria* are effective remedies in overcoming the severe irritation. Robinson recommends the following combination:

℞	<i>Ergotin</i>	gr. ij
	<i>Hydrastine hydrochlor</i>	gr. ¼
	<i>Lupulin</i>	gr. ij
	<i>Camphor monobromide</i>	gr. j
	M. to one capsul. Sig.: One three times a day.	

At the same time give strontum bromide, 10 grains, three times a day.

Hoops gives *thuja*, two drams to four ounces of water; teaspoonful every three hours. At the same time 15 drop doses of ergot at bedtime.

I agree with Mowry¹³ that masturbation is a very much overestimated condition, and that the greater number of cases of nocturnal emissions are due to other causes. Masturbation in most instances is only the result of irritation of the deep urethra. Many men have nocturnal emissions who never masturbated.

Irritation of the urethra and prostate will frequently increase desire. It often occurs that old men, no longer capable of performing the sexual act, will persist in coming to the physician for treatment, for the reason that they experience a sensation of sexual pleasure in having their prostate massaged. Especially is this true when the massage is continued to the point of forcing out the secretions (milking the prostate). Many of these old men secure all their sexual pleasures through these treatments.

In prescribing for a case of impotency we must not overlook the benefits to be derived from suggestion. Suggestion is one of the most potent factors in the treatment of all diseases, and is especially applicable in sexual disorders where the mental element plays so strong a part. Methylene blue is our greatest suggestive remedy. When we tell a patient just how

¹³Mowry, Albert E.: *Some Sexual Disorders in the Male; Impotency and Involuntary Seminal Emissions.*" *Illinois Medical Journal*, March, 1913.

a remedy is going to act, and he can see for himself that we were right, it makes an impression on his mind that will go a long ways toward making a cure. Aside from its value from a suggestive point of view, this is a remedy that has a great range of usefulness.

Attention should be given to the condition of the nose. If stuffed or a catarrhal condition is present it must be remedied. The acuteness of the sense of smell should be improved if possible. The man whose sense of smell is dulled will prove a failure as a demonstrator of love in a college of matrimony.

Diet is an important factor in the treatment of impotency. The Hakims and Vaides of India¹⁴ prescribe a diet consisting mostly of animal foods, such as testicles of goats, roasted and prepared with salt, peppers, eggs of hens, crocodiles, crabs, turtles, flesh of rats, frogs, the eggs of the sparrow, and similar articles. While we would not care to advise our patients to eat all of these articles, we can prescribe eggs, rich meats, brains, oysters, etc. It is a popular idea that fried oysters, boiled eggs, and rare steak increase the sexual powers. Preserved ginger root sold in Chinese stores is said to stimulate the sexual apparatus.

¹⁴Aphrodisiac Remedies. Delhi, India, 1910.

CHAPTER XI

RACE SUICIDE

That the birth-rate is steadily decreasing in all Christian countries cannot be denied. The reports of the census enumerators must go unchallenged. The decrease becomes more noticeable every year in countries where vital statistics are reported.

France seems to be the greatest sufferer among the nations from a declining birth-rate and a high infant mortality.

In London it was recently found advisable to close one of the oldest schools because of the lack of children to attend it.

In Germany the birth-rate has been steadily declining since 1876, when it amounted to 426 per ten thousand inhabitants, and since the year 1910, as pointed out by von Gruber, there has occurred a more marked reduction. In 1911, the number of births dropped about 60,000. The excess of births over deaths in 1906 was 149 per ten thousand; in 1911 it was only 113. In the Kingdom of Saxony, which was formerly extraordinarily fruitful in children, the reduction has been more marked. In that Kingdom

the birth-rate has diminished since 1876 by about 40 per cent.

There is apparently a religious and political influence that may be noted in the diminishing birth-rate in Germany. It is seen from the reports that there is a more marked reduction in Protestant than in Catholic districts. Likewise, those districts in which the representative is a socialist show a more marked reduction. The birth-rate in Berlin in 1912 was no longer sufficient to maintain the population by its own increase.

In England and Wales, before the war, the reports show that conditions were nearly as bad as in Germany. The large number of marriages because of the war, as well as the greatly increased per cent of illegitimate or "war babies" has failed to stop the decrease in births, so the records of the registrar-general show that, compared with the average in the ten years from 1903 to 1914, the birth-rate in the first year of the war showed a decrease of 2.1 per thousand.

That class in all countries that is best able to provide for children and give them proper training and education has come to look upon the advent of a baby in their homes as but little short of a calamity. This class gives more attention to means of preventing conception and

procuring abortions than they do to the study of child welfare. Hence, it becomes the mission of the women in the humbler walks of life to maintain the population of the country by raising children.

If the number of children were near equally divided among the rich and poor families, it is a question as to which would give to the world a better class of men and women. On the one hand we would have the pampered hot-house child with little conception of the duties of good citizenship, while on the other extreme we would have undernourished and uneducated children of overworked and underfed parents. Happily, there is a great middle class in this country which produces the majority of the children, strong of mind and body, and who thus maintain a balance in favor of good citizenship and good government.

It is evident that girls raised under industrial conditions that require them to work long hours in factories; or in commercial pursuits that compel them to be upon their feet for long periods; underfed and undeveloped, cannot be depended upon, when they assume their place in the ranks of the mothers of the land, to bring forth strong children. Without strong, healthy, educated girls we cannot hope to have good

mothers, and without healthy, well-developed mothers, and virile fathers, we must not expect bright healthy children.

While it is true that the mentally and physically unfit will continue to mate and bring forth children that are below par, yet it is not alone from this class that we receive our large and increasing number of degenerates. In fact a very small per cent of our dependents come from those who were naturally weak. The greatest number of the children born into the world bearing a death sentence with them, come from parents who at one time possessed clear minds and strong bodies, but who through evil habits and vices have become incapable of producing offspring who will be mentally and physically capable of meeting the demands of life.

The law of compensation applies well to this condition. The wealthy classes considering children an impediment to their social careers, will not raise them. At the same time, through their wealth they control the industries of the country, under which the poor girl must work long hours in factories at wages which barely permit an existence. Then after this girl has become weakened by the drain upon her system, she marries and brings into the world a puny child, handicapped through the weakness of

its parents. The child grows up and finally lands in the penitentiary or the insane asylum, where the wealthy must care for it through taxation upon their wealth. It would seem that it would be much better to protect the man and woman in the first place so that they could produce strong children. From a purely mercenary standpoint it would be better business than to maintain so many nonproductives in eleemosynary institutions.

What this country needs is not so much higher wages and shorter hours of labor, as it is an opportunity to own a home. Marrying will never go out of fashion among those who can afford it.

Early marriages are to be commended. The young man and young woman who marry early and establish their own home will live cleaner and more useful lives. They will know less of the evils of the world than will those who wait to found their home until they reach a more advanced age.

The philanthropist or community that will build small suburban cottages on lots large enough to permit of the keeping of some chickens, a cow, and for a garden, and will sell these homes at cost to newly married couples, on condition that they must live in their own home,

will do more good than if they contributed all the money in christendom for colleges and hospitals.

The greatest producer of sexual crime and destroyer of virtue ever conceived in the mind of man is the co-educational school. People who would not permit their pigs of both sexes to run together think nothing of their boys and girls attending school together, and being in each other's company until late hours at night. I know many good people who are very careful to lock up the hen coop at night, and count the chickens to see that they are all in, who never know when their young daughters come home or what company they may be in. The children are not to blame. They were just unfortunate in the selection of their parents. There are a few facts so well established that they leave no room for argument. Young girls, while they are menstruating, should not be in the company of men or boys. Children of both sexes should be in charge of female teachers until they reach the age of puberty. After puberty girls should be under female teachers and boys under male teachers. An almost ideal system of schools was that of the Cherokee nation. In the National Indian schools the sexes were separated. As the schools were some distance

apart, there was no opportunity for the children to make a love affair of their school days. There were no little Cherokee maidens wearing tube skirts and low necked waists, their faces painted in glaring colors, attending the national schools.

Another thing that contributes to the production of a low grade of children, is the tobacco habit. In my experience in charge of Institutions for the Feeble-Minded, I never saw an inmate that was not the child of tobacco using parents. The worst cases were those whose father and mother both used it. The study of homoculture reveals the fact that the use of narcotics by the father will show in the weak mentality of the child, while their use by the mother affects the child both mentally and physically. The children of tobacco smokers are dull and backward. They do not readily reach the higher grades, and a very small per cent complete the high school course. Elliott¹ says that "children inherit certain predominating influences from their parents and that it is a very hard matter to change these by training or otherwise. It can be done, but it isn't being done except in very rare instances. Very few have a careful father and mother to direct them."

¹Elliott, Albert W.: *The Cause of the Social Evil and the Remedy*, 1914.

The tendency of the wealthy classes has always been toward small families. Even Solomon, if we accept the record we have as being a complete report, was not an advocate of a large number of children. With seven hundred wives and three hundred concubines he gave to the world one child—Rehoboam.

With mother's pensions and better housing conditions the race suicide problem may in time be solved. Whenever large families become fashionable our women will vie with each other to see who shall have the larger number, but so long as babies are looked upon as impediments to social caste, the decline will continue.

CHAPTER XII

STERILITY

Many a household is rendered unhappy by the absence of children. This is sometimes the fault of the husband, and sometimes of the wife, but in many cases it is almost impossible to determine the real cause of the trouble.

It is true that the number of women who try to prevent conception, or attempt to destroy the fetus when they do become pregnant is growing at an alarming rate. Yet we find many very fine and intelligent women in whose hearts the fires of the mother-instinct burn so brightly that they, like Rachel of old, mourn for children, and weep because they are not. It is to bring sunshine to this class that we are considering the subject of sterility. There is nothing more sad than a home where children are longed for, and do not come. In fact there can be no home without a baby.

It is estimated that about twenty per cent of our women are barren, but it does not follow that there are that many who are sterile. The estimates made by writers on this subject differ widely. Courty estimates the per cent of sterility in the male at 10 per cent; Duncan, 12 per

cent; Noeggerath, 8 per cent; Gross,¹ 17 per cent; Engelmann,² 25 per cent; Brothers,³ 29 per cent; Kehrer, 35 per cent; and Huhner⁴ places it at 59 per cent. My experience leads me to believe that 15 per cent would be a conservative estimate.

The cause of sterility in the female, as well as the general weakness of women must be charged largely to industrial conditions and social customs. The greater number of our girls grow up with flabby muscles and misplaced organs. They are weak sexually, and in many cases live lives of almost continual suffering. Much of this could be overcome if our girls received proper physical training, and instruction on the functions of the generative organs.

The only condition necessary to insure conception is that virile spermatozoa be brought into contact with healthy ova, in a healthy environment. The causes of sterility may be divided into three classes, and in considering the subject we have only to assure ourselves: (1) that the spermatozoa is virile, (2) that the ova

¹Gross, Samuel W.: A Practical Treatise on Impotence, Sterility and Allied Disorders of the Male Sexual Organs, 1887.

²Engelmann, Geo. J.: The Increasing Sterility of American Women. Journal American Medical Association, Oct. 5, 1901.

³Brothers, Abram: Final Results of Conservative Surgery of the Tubes and Ovaries. Journal American Medical Association, Feb. 22, 1908.

⁴Huhner, Max: Sterility in the Male and Female, 1913.

is healthy, (3) that the two meet in a reasonably healthy environment. If any of the above conditions are lacking there is a possibility that conception may not take place. A very few cases are met with where a man and woman will not mate, but either will with another partner. This is due to the similarity of temperaments. Where both mates are of the same temperament they may prove unfruitful, and still neither of them be sterile.

The spermatozoa may not be virile, or may be entirely absent. In conditions of this kind, nothing may be hoped for in the way of relief. Again, the spermatozoa may be virile, but be blocked off from the urethra by a closure of the ducts due to inflammation from gonorrhea. In this case there could be no discharge of the spermatozoa and none would appear in the semen. A more frequent condition is that where the spermatozoa is virile, and is discharged, but is killed by the acid secretions of the vagina or uterus before conception can take place. The treatment of the latter condition is simple; the acid discharge of the woman must be neutralized. This may be accomplished by the use of alkaline douches immediately before coitus.

I fully concur in the statement of Dye,⁵ that

⁵Dye, John H.: *Painless Childbirth*, 1888.

among the causes of sterility, the most important are those that oppose the entrance of the spermatozoa into the uterine cavity where conception can take place; these are anything which obstructs the uterine canal, and may exist before a child has been born, or may be acquired afterward; thus, imperforate hymen; displacements, tumors, polypi, granulations or other growths within the neck of the womb, angular curvature of the uterine neck, stricture of the same, and chronic inflammation, to which might be added, technically, occlusion of the uterus. This covers practically all the obstructions to the free entrance into the uterus. An imperforate hymen would prevent entrance into the uterus, although cases have been reported where conception occurred when there was no visible opening in the hymen. Instances where there is no opening in the hymen are very rare, but the opening is sometimes so small that ingress is practically impossible. It also may occur that where there has been a small opening it has closed leaving but slight scar tissue which may be overlooked in making an examination. The remedy in these cases is plainly surgical—the hymen must be removed.

It may easily be seen how displacements may

prevent the entrance of the spermatozoa, as it could not in many instances even reach the mouth of the uterus. In all cases, misplacements must be corrected and the organ held in the proper position, at least until conception takes place.

Careful attention to the right posture during coitus and for some time after the act will frequently permit of conception. If it is found upon examination that there is a displacement, the patient should be instructed upon the proper position to assume so that the mouth of the uterus will be bathed in the pool of semen that forms in the vagina. She should be instructed to maintain this position for some time after the completion of the act. Runge⁶ claims that the semen running out of the uterus is the principal cause of sterility. Huhner⁷ considers the drainage of the uterus to be of minor importance. The fact seems to have been overlooked by most writers, that it is the suction-like action of the uterus that draws the semen up into the uterus. Especially is this true when the entrance to the uterus is contracted. It is only at the time the female reaches an orgasm that this

⁶Runge, Ernst: *Archi. für Gynaekologie*, lxxxvii, 1909.

⁷Huhner, Max: *Sterility in the Male and Female*, 1913.

suction action takes place.⁸ It is evident that, though the neck of the uterus may be contracted, if the woman reaches an orgasm directly after the discharge of semen by the male the semen will be drawn directly into the uterus, should her orgasm occur too early, or too late, the acid secretions of the vagina may kill the spermatozoa before they enter the uterus. I believe this is very frequently the case, and accounts for the failure of women, who are in the best of health, to conceive. There are instances, it is true, where women conceive, who never experience an orgasm, but in these cases we find that the cervix is quite widely dilated. When the cervix is tightly closed, and an acid secretion is present in the vagina, it is doubtful if conception will take place unless the woman experiences an orgasm at the proper time. This must be explained to the patient, and she and her husband should be instructed how to time the orgasm, so that the woman will reach this point directly after the discharge of semen by her husband. It is in this connection that the question of the sexual passion of the woman bears upon sterility. If she is very passionate

⁸McElrath calls attention to the fact that the first record in history of anything having been done for the prevention of sterility appears in the marriage of Abraham and Sarai, Gen. XI: 29-30. In this covenant, the Lord ordered that Abram be circumcised. Circumcision by leaving the glands bare, causes the latter to become hardened and less sensitive, so that an orgasm is not likely to take place until late, thus giving the female an opportunity to reach an orgasm and thereby increasing the probability of impregnation.

she may have several orgasms before her husband reaches the climax, hence she will be more likely to draw the virile spermatozoa into the uterus.

Many times simply straightening and dilating the uterine canal is sufficient to permit of impregnation. It is advisable that coitus take place as early as possible after the dilation, as the uterus will soon return to its former condition.

The use of the soft-rubber uterine stem worn for a month or two has given good results. When the stem is removed coitus should take place at once.

Ovarian diseases prevent the development of healthy ova. Imperfect development of the ovaries, stricture of the fallopian tubes and displacements should be considered in this connection.

If there is anteversion the patient should lie on her back with her hips raised on a pillow during the copulative act. In retroversion the knee-chest position offers the best opportunity for the spermatozoa to enter the uterus. In either instance the position should be maintained for some time after the act, an hour or more being advisable. In prolapsus, the condition must be cured before impregnation may be hoped for.

Tumors, polypi and similar obstructions prevent the ingress of semen by blocking the channel. These obstructions must be removed before impregnation can take place normally. It may, however, be possible by artificial means.

There may be stricture of the cervix, which would prevent the spermatozoa reaching the ova. Where all other conditions appear to be normal a careful examination may prove the presence of stricture. Occasionally an elongated cervix is found, and if the sterility is due to this cause, we may resort to an operation to correct the condition, or artificial means of bringing about a union of the spermatozoa and ova may prove advisable.

Excluding the rare instances where temperamental and psychic causes interfere, if the spermatozoa is virile and remains so until reaching a healthy ovum, impregnation is practically sure.

The length of time that the spermatozoa may remain alive in the female genitals depends upon the secretions. Especially is this true of the secretions of the lower part of the vagina which are generally strongly acid. In contact with strongly acid secretions the spermatozoa become immobile in a very few minutes. Percy⁹

⁹Percy, Samuel R.: A Fact for Medico-Legal Science, American Medical Times, March 9, 1861.

claimed to have found live spermatozoa in the cervical mucus eight and one-half days after coitus. Haussmann found weak living spermatozoa in the cervical mucus seven and one-half days after coitus, and Huhner¹⁰ reports live spermatozoa five days after coitus.

It has been well established that the sperm cells invade the mucosa and the underlying tissues. This may account for what otherwise would appear to be a great waste of the sperm on the part of nature. Kohlbrugge found, in his experiments with rats, that the cells that were invaded by the spermatozoa seemed to be stimulated to growth, indicating that this may influence the uterine mucosa in its preparation for receiving and embedding the egg, and in forming the decidua.

There is reason to believe that the spermatozoa embedded in the tissues may induce immunologic reactions, thus preventing multiple conceptions. We frequently find women sterile after having aborted their first child, and it may be that the immunology is not overcome except at the completion of a full term. When this immunology is not removed by the delivery of a full term child, the effect may continue, and the woman remain sterile. This appears to be con-

¹⁰Huhner, Max: Sterility in the Male and Female, 1913.

firmed by the observations of Dittler¹¹ who found that by immunizing female rabbits with sperm they are made sterile for some time. As immunization with sperm from other species failed to produce sterility, and as the serum of rabbits injected with rabbit sperm was found to be spermatotoxic and agglutinative, Dittler believes that the sterilization depends upon immunization against the sperm of the homologous species.¹²

By injecting the sperm of the husband into the tissues of the wife at intervals it might produce immunology to the spermatozoa of the husband, although the immunology might not extend to another man. It has been shown that the sperm has a marked capacity to produce antibodies, even when implanted in the tissues in a collodion sac, or when an entire testicle with its dense capsule is implanted.¹³

The woman experiences a sense of stimulation and buoyancy when the semen comes in contact with the uterus. This sensation is not present when the act is not completed, or the semen is not permitted to reach the tissues.

Chronic inflammation of the uterus and

¹¹Dittler: *Münchener medizinische Wochenschrift*, 67: 1495, 1920.

¹²Editorial: *Journal American Medical Association*, 77:1, 43.

¹³Metchnikoff and Strelnikoff: *Zeitschrift für Immunitätsforschung*, 17:186.

ovaries may be present, and if found must be treated. It could hardly be expected that impregnation could take place in a highly inflamed uterus.

It is often the case that sympathetic nervous conditions due to lesions in any part of the body may cause the impregnated ovum to be thrown off. In these cases, the patient, while really becoming impregnated, will abort during the first month, and never miss a menstrual period. Excessive coitus will also at times cause the impregnated ovum to be thrown off.

Sometimes the cervix is closed by a plug of thick mucus. This in itself is a bar to the entrance of the spermatozoa.

Fuerbringer advanced the theory that abnormal chemical constitution of the prostatic secretions due to inflammatory processes in the gland is detrimental to the spermatozoids. It has also been held that the presence of gonorrheal infection in the male would cause the destruction of the spermatozoa, but this is very doubtful. Huhner¹⁴ had occasion to study this subject, and he concludes that the gonococci do not have an effect on the spermatozoa that would prevent conception.

¹⁴Huhner, Max: Sterility in the Male and Female, 1913.

Membranous dysmenorrhea may prevent conception by preventing the germ from making an attachment, and carrying it away when the membrane is expelled.

Sexual excesses may exhaust the vitality of both sexes to such a degree that the germ and sperm may lack the vitality to perform their parts in reproduction. Nature seems to have provided that such devitalized elements should be frequently unproductive, or if impregnation does occur the weakened embryo may be expelled before reaching the stage of vitality.

It must not be considered a settled fact that because a woman has never borne children that she is sterile. Nor is it certain that if she is barren the first few years of her married life that she will never bear children. Women sometimes become fecund after years of barrenness. The mother of Louis XIV was sterile for twenty-two years before his birth; the wife of Henry II became the mother of ten children after ten years of barrenness. Numerous instances are on record, where a union has been unproductive, in which separation followed, with subsequent marriage of both parties to other mates and each of the second unions proved productive. McElrath¹⁵ gives a record

¹⁵McElrath, Percy John: Key to Sex Control, 1911.

of one thousand women, of which eighty-two did not produce children until between two and three years after marriage; forty-one between three and four years; seven between four and six years; three between six and seven years; one between nine and ten years, and only one in the tenth year; after which all were as prolific as those who conceived early after marriage.

In highly sexed women who fail to conceive, the suggestion of Cazeaux, that "in women the ovum is usually thrown off at the time of menstruation, but during an orgasm provoked by sexual congress the ovum might be discharged at other times," is worthy of consideration. It is possible that too frequent coitus of very passionate women may result in the ovum being expelled in the intermenstrual period. When the ovum is thrown off in this way before reaching its maturity it is incapable of fecundation.

The woman who grew up as a tomboy; who wore loose clothing and romped around in absolute freedom during her girlhood; who was kept away from the company of men and boys during her menstrual periods, and who was taught to take care of her health, will have nothing to fear when she reaches womanhood and is called upon to take up the duties of a

wife and mother. But the woman who as a girl dreamed her days away, strapped in a straight-jacket corset; who knew nothing of the sexual instinct other than the thrill she felt when being caressed by her many admirers, must pay the penalty when she faces the problems of married life. It is from the latter class that we receive the majority of our patients who come for relief from physical suffering, and the mental sorrow of a childless life. There can be no greater sorrow than that of the childless woman who must always feel that she has cheated her husband; that she has failed to do her part in the great drama of life. Should the barren home be due to the fault of the husband, and the fault be due to his own evil acts, a realization of this fact should prove to him a never ending punishment.

The physical culturists are doing a noble work in directing the attention of women of leisure to the great benefits that come from systematic and free exercises. While I do not endorse all the claims made by them, I am sure that their exercises are productive of much good, and those who follow their instructions will have less physical suffering to endure in life than will those who do not. There is, however, a vast difference between exercise as generally

understood by the laity, and proper exercise. Chopping wood is exercise but it only develops a part of the muscles, while a systematic course of training in physical culture will develop the muscles of the entire body. These exercises must be properly graded and not carried to excess. Many cases of malpositions of the uterus may be traced to indiscretion in exhausting exercise, as prolonged dancing, running, jumping the rope, long walks, climbing high flights of stairs, standing on the feet for long periods of time, and attempts at lifting heavy weights.

Shop girls, teachers, and others whose duties require that they be upon their feet for long periods are frequent sufferers from diseases of the generative organs.

Girls should not be in the company of men other than those of their own household, and should not attend school or practice music during the menstrual period. The co-educational school is one of the greatest evils we have in this country. It brings girls into contact with young men at a time when they are sexually excited. Every woman should have rest during the period, and girls who are employed in offices and stores where they work with men, should remain at home and rest during the time of their menses.

CHAPTER XIII

TREATMENT OF STERILITY

The treatment of sterility may be either surgical or medical. All malpositions should be corrected in so far as is possible. The clitoris should be unhooded if bound down by adhesions. All old lacerations should be repaired. In fact this is the field for the orificial surgeon. Where sterility is associated with violent sexual desire, inflammation of the ovaries and uterus, and an excoriating yellow leucorrhea, phosphorus should be given in small doses. When associated with low vitality, longing for children, melancholia, and with inflammation of the uterus and ovaries, or if the uterus is prolapsed or heavy and swollen, the chloride of gold and sodium is indicated. Cases where the parts are hard and contracted, call for belladonna, preferably in doses of $\frac{1}{8}$ grain of the extract five times daily. Ashmore¹ claimed good results from introducing a large uterine sound into the uterus and letting it remain for twenty minutes when it was removed and coitus took place at once, the woman remaining on her back with a pillow under her hips and her knees drawn up

¹Ashmore, W. Frank: Medical World, January, 1907.

as far as possible, for an hour. This was on the second day after menstruation had ceased, the husband having been instructed to abstain from sexual intercourse for one month before the operation.

When there is an indifference to coitus on the part of the woman, both local and internal remedies should be prescribed. In many instances a good lecture by the doctor will do this class more good than will drugs. The majority of women may be cured of their frigidity by proper instruction and treatment. When their lack of response is due to an aversion to their husband, they may do as a lady once informed me that she did. She said she could not endure her husband's embrace until she formed the habit of shutting her eyes and imagining that he was another man that she knew. After adopting this plan she not only experienced an orgasm, but became pregnant.

Dr. Guion recommended that the woman sing at the top of her voice during the copulative act as a sure remedy for sterility.

Winfield claims that Sol. hypophosphites comp. U.S.P. without sugar, continued for four or five weeks has always been followed by pregnancy when given in sterility.

Reynolds and Macomber² conclude provisionally, from their experiments in feeding rats: (1) That a moderate decrease in the percentage of the fat soluble vitamine, of the protein, or of the calcium contained in an otherwise excellent diet produces a definite decrease in the fertility of individual rats. (2) That a slight decrease in the fertility of both partners will produce a sterile mating. (3) If the fertility of one of the partners is lowered there is a possibility of abortion.

McDonald³ holds that a spare diet is conducive to conception, and likewise open-air exercise.

It is claimed that climate has much to do with fecundity and barrenness. Spring is said to be the most favorable season of the year, and a southern more favorable than a northern climate.

When abnormalities are removed from the female generative organs, and the patient has been fully instructed how to conduct herself during the copulative act, and the time immediately following, we may expect good results in the majority of cases.

²Reynolds, Edwards, and Macomber, Donald: Certain Dietary Factors in the Causation of Sterility in Rats. *American Journal of Obstetrics and Gynecology*, Oct., 1921, p. 379.

³McDonald, E.: Sterility in Women. *New York Medical Journal*, Dec., 1911.

We may not hope to restore the organs to an ideal condition, in all cases, but we can place them in a condition that will enable them to fulfill their mission in propagating the species. Pratt⁴ says: "The abnormal states of humanity have existed so long that pathology has become anatomy and distorted functions have become physiology and sickness seems to be the normal state of the human race; and it will be difficult to decide upon the true standard of ideal excellence."

Good health and a normal condition of the organs should at least clear the woman from the indictment of barrenness.

⁴Pratt, E. H.: *Orificial Surgery*. Dawson's Edition, 1912.

CHAPTER XIV

ARTIFICIAL IMPREGNATION

It has become the general practice among breeders of horses to resort to artificial impregnation. The advantages of this system are many. By the use of the impregnator a number of mares may be impregnated where but one could be in the natural manner. The stallion is not weakened by this method as he would be in impregnating the same number of mares separately. The fully developed spermatozoa from a fine horse may in this way be used to impregnate many more mares than would otherwise be possible. The technic has been worked out until artificial impregnation in animals has become a science. Instruments for the purpose are sold by dealers in veterinary supplies.

The first record that we have of the artificial impregnation of animals is of the attempts made by Harvey several hundred years ago. These experiments were not very successful. Later it was tried on a more extensive scale by Spallanzani. In recent years Iwanoff¹ made a large number of experiments on various ani-

¹Iwanoff, J.: *Russkiy Vrach*, 1903.

mals. As a whole, the results of these experiments were extremely satisfactory, so much so that the Russian government offered Iwanoff an opportunity to put the results of his observations into practice on cattle and horse ranches.

When the attempts were made in a systematic and careful manner under favorable conditions during the period of heat of the respective animals, Iwanoff found that the mechanical introduction of sperma showed a higher percentage of impregnations than the normal act. In these experiments the spermatozoids were recovered directly from the animals, and at the occasion the interesting observation was made that the spermatozoids from animals that had been dead as long as twenty-seven hours had still retained the faculty of impregnation.

It has generally been believed that J. Marion Sims was the first to perform artificial impregnation on a woman; however, Hamilton² claims that Beford recommended this procedure in sterility many years before its use by Sims.

It is said that Professor Pancoast performed the operation on a patient in the old Sampson Street Hospital of Jefferson Medical College, Philadelphia, in the latter half of the last cen-

²Hamilton, N. J.: Medical World, April, 1909.

ture. According to the report, both the husband and wife had been under the care of Dr. Pancoast, and while the woman was under the influence of the anesthetic he injected some semen procured from "the best looking man in the senior class," into the uterus with "a hard-rubber syringe," and then plugged the cervix lightly with gauze. According to the narrative neither the husband nor wife knew what he had done at the time. Later, Pancoast told the man what he had done, and it met with the latter's approval, and he conspired with the professor to keep from the lady the actual way in which her impregnation had been brought about. In due course she gave birth to a son, who "became a successful business man." This story is probable, and it may be true. It doesn't, however, speak well for Professor Pancoast. No physician, and surely not one of Dr. Pancoast's standing, would resort to such a means.

A few years ago there was a report in the medical press of a drug clerk, who in filling a prescription calling for some vaginal capsules, filled one of them with semen, from the effect of which the young lady became pregnant.

In Sims' case the woman had a very sensitive vagina which prevented entrance because of the spasmodic contraction of the vaginal

walls. This spasm was so pronounced and the pain on touch so severe that a digital examination could not be made without anesthesia. While she was under the anesthetic, semen from her husband was introduced into the uterus. It is said that Sims was never very proud of this practical application of a physiological principle to a partly unphysiological body. It shows, however, his wonderful alertness of perceptions; his grasp of physiological processes, and his great ability to apply them to practical ends.

Hamilton³ claims to have used the impregnator frequently for fifteen years without a single failure.

Lieuf⁴ reports two successful cases of artificial impregnation and recommends that this means be tried after the Gillete⁵ postural method fails.

The objectionable feature to this plan has always been the necessary presence of a third person. This I have been able to overcome by teaching the parties the use of the impregnator so that the operation can be performed in the privacy of the home and at the opportune time.

The technic of the operation is simple. Before

³Hamilton, N. J.: *Medical World*, April, 1909.

⁴Lieuf, A. H. P.: *Gynecology, Obstetrics and Menopause*, 1902.

⁵Gillete, Walter P.: A Postural Method of Copulation for the Cure of Some Forms of Sterility in the Female, *Archives of Medicine*, (Seguin's), Feb., 1890.

intercourse the vagina should be cleansed with a douche of warm water to which bicarbonate of soda has been added. The semen is then collected and placed in a uterine syringe, preferably one with a flexible point, but a hard rubber syringe may be used. The point of the syringe is introduced into the uterine cavity until it passes the constricted portion, the contents are then injected into the uterus and the opening well packed with gauze. The patient should remain quiet with the hips elevated for four or five hours. Remove the gauze on the second day and permit light exercise. The semen may be collected from the vagina, but the better way is to use the cundum, the spermatozoa will not then be in danger of being destroyed by coming into contact with the vaginal secretions.

I instruct the parties in the use of the instruments, and loan them a speculum and a syringe. This enables them to perform the operation at their convenience. A woman can readily perform the operation herself without the use of the speculum after a few trials.

In my cases the trouble was due to the small opening in the cervix, and the lack of orgasm of the woman during the copulative act. The spermatozoa could not gain entrance into the uterus and there was lacking the suction that

takes place during the female orgasm to draw the semen into the uterus, hence the mechanical introduction of the semen into the uterine cavity was the only feasible way of bringing about the desired result.

Lydston⁵ proposes to take the seminal fluid from the vas of a healthy individual and inject it into the seminal vesicle of the husband. Coitus to be performed soon after the operation. He claims that in this manner the opportunity for impregnation may be afforded in "a perfectly natural and physiologic manner free from the esthetic objections on the part of the female." The trouble with this plan is that it requires a surgeon and the husband as go-betweens to carry the spermatozoa from the healthy individual to the female. It would be much better to use a hard rubber syringe to carry the semen, if an intermediary is necessary between the healthy individual and the woman.

Huhner⁶ tried injecting the aspirated testicular fluid directly into the cervix of the wife. First, by adding warm bicarbonate of soda solution, and injecting one day after the cessation of the menses. Later, the combined testicular fluid of both testicles undiluted four days after

⁵Lydston, G. Frank: *Journal American Medical Association*, July 17, 1920.

⁶Huhner, Max: *Sterility in the Male and Female*.

the commencement of the period. It was also tried directly before the beginning of the menses. He had opportunity to try this plan on only one patient, who stopped treatment before a thorough test could be made. This is a field that should be further investigated, especially when epididymitis is known to exist, and we are satisfied that the aspirated fluid contains live spermatozoa.

By instructing the interested parties how to use the impregnator we overcome the aesthetical objections to artificial fecundation, and are thus enabled to relieve many cases of barrenness.

CHAPTER XV

THERAPEUTICS

Aurum Metallicum

Gold has long held the reputation of exerting a specific action upon the sexual organs of both sexes. It acts as a powerful stimulant, and if taken frequently will prevent the decline of sexual power. In the male, marked aphrodisiac effects are produced; in women, increased venereal desire and an increase in the menstrual flow are observed. It is of value in atrophy of the testicles, especially in young boys. It is said to increase glandular secretions. The Vaids of India combine gold leaves or ashes of gold with mercury and pearls for a sexual stimulant. It is of service in impotency dependent upon inability to obtain an erection. In nocturnal seminal losses, weak and inefficient erections; inability for the sexual congress due to irritability of the sexual organs; nocturnal emissions resulting from masturbation or excessive venery, gold has been used with good results, but in cases where there is plethora of the sexual organs with irritability, it increases the frequency of the nocturnal losses.

Gold is of value in prolapsus of the uterus

and for chronic metritis with great sensitive-ness. It is indicated in vaginismus with hysterical spasms, and for sterility with lowered vitality of the parts, especially when there is melancholia due to longing for children. It is one of our most frequently indicated remedies in sterility.

Dose.—The salts of gold most commonly used are the chloride, and the chloride combined with sodium. The dose of chloride of gold is from one-sixty-fourth to one-sixteenth of a grain to be given in water; of the chloride of gold and sodium one-thirtieth to one-twelfth grain, gradually increase to one-twelfth grain. It is given in the form of pills or tablets. The homeopathic 3x is a very elegant form in which to exhibit this drug.

All gold salts are poisonous and should be used with great care. The antidotes are egg albumen, milk, flour, etc.

Long continued use of gold may give rise to serious disturbances of the digestive organs, hence its action should be carefully watched.

Avena Sativa

Avena Sativa is a powerful remedy in sexual debility as it has a selective influence upon the nerve structure of the genito-urinary organs.

It is a decided nerve tonic and stimulant. It increases both desire and ability and is applicable to both sexes. It will allay the nervous excitement, nervous palpitation of the heart, insomnia and mental weakness, and general debility caused by masturbation and over-sexual indulgence. Ellingwood¹ says he has received better satisfaction in the use of this remedy in the impotence of newly married men, than from any other single remedy or combination of remedies. If there is any prostatic or other local irritation, saw palmetto should be combined with the avena. It works well with most stimulants and may be used at the same time with strychnine, phosphorus or gold with good results. There is no danger of forming a habit by its use.

Dose and Administration.—Avena sativa acts almost instantly if given in hot water. It should be given in comparatively large doses. Five to fifteen drops well diluted will give the best results. It should rarely be given in larger quantities than twenty minims, unless the patient is thoroughly accustomed to its use. There is danger of obtaining the physiological effect if large doses are given, which will be announced by pain at the base of the brain. When this symptom appears the medicine should be

¹Ellingwood, Finley: *Materia Medica and Therapeutics*, 1905.

discontinued a day or two and then given in reduced doses. I have had best results when given frequently in smaller doses. The effect may be gauged by giving it during the day in hot water for immediate effect, and at night a larger dose in cold water will give a more slowly acting and lasting effect during sleep.

Care should be exercised to procure a high grade of this drug as most of the preparations on the market are practically inert. I have always found Keith's Concentrated Tincture Avena Sativa to be reliable. The standard dose of this tincture is from five to thirty drops.

Cannabis Indica

Cannabis is of use in excitement of the sexual organs with erections, lascivious thoughts and dreams when given in small doses. In large doses the hasheesh dreams and pleasures appear. Victor Robinson² describing the sensations following a single dose of 20 drops of F. E. Cannabis, says: "I hear the songs of women. Thousands of maidens pass near me, they bend their bodies in the most charming curves, and scatter beautiful flowers in my fragrant path. Some faces are strange, some I knew on earth, but all are lovely. They smile and sing and

²Robinson, Victor: Essay on Hasheesh, 1912.

dance. Their bare feet glorify the firmament. It is more than flesh can stand. I grow sensual unto satyriasis. The aphrodisiac effect is astonishing in its intensity. I enjoy all the women in the world. I pursue countless maidens through the confines of heaven. A delicious warmth suffuses my whole body. Hot and blissful I float through the universe, consumed with resistless passion."

In the form of *hasheesh*, *cannabis indica* is used in Oriental countries for its aphrodisiac effect. It will, in proper doses, overcome chor-dee and is of benefit in spermatorrhea, irritable urethra, and painful micturition. It is our best remedy in irritated states of the urethra of both male and female.

Dose.—The dose of the fluid extract of *cannabis indica* is from three to five minims. Extract of *cannabis indica*, one-sixth to one grain.

Cinchona

Cinchona, or its alkaloid, quinine, is of use in sexual weakness following nocturnal emissions, or sexual excesses. As a rule the fluid extract is preferable to the alkaloid in these cases. According to Bartholow, cinchona contains five alkaloids, two simple acids, two tannic acids, and a resinoid substance. We get the combined

action of all of them when we use the complete drug. Pierce³ considers cinchona beneficial in ovaritis arising from sexual excesses. It has a decided effect upon the erectile tissues, strengthening the muscles, and is said to increase the secretion of seminal fluids.

Dose.—The dose of fluid extract cinchona, red, is from one-half to one fluid dram. Quinine sulphate, one to ten grains.

Gaultheria

Gaultheria is indicated in spermatorrhea without impotency; in prostatic irritation and undue sexual excitement. It will be found of value in the treatment of young men and boys who are addicted to masturbation, and are troubled with emissions.

Dose.—The dose of the fluid extract is from five to ten drops.

Humulus—Lupulin

Humulus is of use in those cases of a nervous broody disposition, wakefulness, sexual irritation, abnormal or violent sexual excitement, spermatorrhea, and fear of impotency. The man who is in a continual fear of becoming impotent should have lupulin. It is one of our

³Pierce, Willard Ide: Plain Talks on Materia Medica, 1911.

most effective anaphrodisiacs. It is of use in priapism and in chordee. Humulus is indicated only when there is a strong flow of blood to the parts. Blair⁴ recommends lupulin combined with camphor monobromate, five grains of each, in capsules, as a remedy for chordee. The dose of the tincture is one to two fluid drams. Specific medicine lupulin is a high grade preparation, the dose of which is ten drops. It should be given every three hours, the last dose coming at bed-time.

Hamamelis

In relaxed, congested condition of the organs, accompanied by a dragging sensation in the scrotum, with an aching-pain; with mucoid discharge, hamamelis is of use. Ellingwood⁵ considers hamamelis a good remedy in relaxation of the vaginal walls with leucorrhea. It is the remedy for a stagnant condition of the venous circulation in all parts of the body. It sometimes relieves weak erections by its effect on the dorsal vein of the penis. As with avena, care must be exercised to secure a dependable product. I have found no hamamelis equal to Pond's extract of witch hazel.

Dose.—The dose is from one to five drops

⁴Blair, Thomas S.: *Materia Medica and Therapeutics*, 1907.

⁵Ellingwood, Finley: *Materia Medica and Therapeutics*, 1905.

every three hours. Locally it may be applied full strength.

Nux Vomica

Nux vomica is indicated in recent prolapsus of the uterus. It should be given in sterility due to prolapsus. It is of use when the os is rigid and will not readily dilate. Small doses of the whole drug will give better results in these conditions than will minute doses of strychnine, as the action of the latter is largely expended upon the spinal cord and not upon the viscera. In impotence due to exhaustion or atony of the erectile tissues strychnine is preferable. Strychnine is considered by many to be the most powerful aphrodisiac known to the profession. When indicated it is a very dependable drug, but it is too often given as a routine treatment for "impotency," without any clear knowledge as to the real condition of the patient. Strychnine is especially indicated in impotency due to atony of the erectile tissues and a general neurasthenia.

Dose.—The dose of specific nux vomica is from one-tenth to two minims. Strychnine sulphite one-one hundred and twentieth to one-fifteenth grain. I have given as much as one-

half grain of strychnine at a single dose, hypodermically, one daily, for over a year.

Cantharides

Cantharides has long had a reputation as an aphrodisiac in the minds of the laity. It is believed that it has a wonderful power to increase sexual desire and ability. It is safe to say that only in dangerous doses will it produce the results with which it is credited by the laity. In small doses it is a valuable remedy in properly indicated cases. It acts as an aphrodisiac through irritation of the urinary tract, and in those cases where there is a loss of sensation and a generally relaxed condition of the walls of the urethra it may be given in sufficient amounts to produce a slight burning sensation. It produces erections because of the irritation at the neck of the bladder. Combined with nuxvomica and chloride of iron as proposed by Gross it gives good results. I use this formula, and in addition give *avena sativa* to those patients who have strong desire but are unable to secure an erection at the opportune time. In large doses cantharides causes violent amorous frenzy. The sexual instinct goes mad, and the erections in the male are violent and painful. The penis is inflamed and sore and it would be

painful to have coitus, yet there is this frenzy. In severe cases following dangerous doses there is insolence, blasphemy, restlessness ending in rage (Kent). In very small doses it sometimes relieves similar conditions. I have seen decided effects from very small doses of cantharides in causing painful micturition in women when it was given to relieve incontinence of urine. On the other hand I once witnessed a case where a young man added a half-ounce of the tincture of cantharides to a half-pint of whiskey, and two girls drank all of it in less than an hour with apparently no more effect than they would have received from the whiskey alone. It will not act upon the sexual passion of a woman so strongly as upon the male, as it seems to exert its power simply in irritating the urethra. Some persons are very susceptible to cantharides, and in giving large doses the effect must be watched closely. It is never indicated when there is any irritation of the urethra.

Dose.—The dose of the tincture is from one to five minims. Five drops of specific cantharides may be added to four ounces of water, and be given in teaspoonful doses, for the average case.

Opium

Opium and morphine have an aphrodisiac effect, when given in small doses where the pa-

tient is not accustomed to their use. Habitual use of opium causes impotence. Tolerance and habit are soon established until very large doses may be taken without producing the physiological effect. De Quincey, for example, took as much as three hundred and twenty grains of opium a day, and could drink laudanum by the tumblerful. I had in my practice at one time a man who ate an average of one pound of opium a month for twelve years, and finally died from pneumonia. Opium and morphine are largely resorted to by women who lead monotonous lives and have few opportunities of indulging in sexual intercourse (Murrell). Opium is indicated in cases of premature ejaculation and spermatorrhea when there is a very severe irritation of the urethral canal.

Dose.—The dose of opium is one-half to two grains; morphine, one-tenth to one-half grain.

Phosphorus

Phosphorus is the most universally indicated remedy in the treatment of impotency. It increases sexual desire without producing local irritation. It increases the acuteness of the special senses, and is a general nerve and systemic vitalizer. It is suited to functional cases and not to those that may be due to organic

causes. The continued use of phosphorus has been known to produce a habit that is very hard to overcome when once established. A single large dose of phosphorus will produce an increased capacity for mental and physical exertion. It renews strength and increases vigor. It has a decided action upon the nasal membranes and increases the acuteness of the sense of smell. In overdoses it produces inflammation of the stomach and intestines with burning pain, prostration, vomiting, and death. It is especially useful as a tonic after sexual excesses, and is indicated when sexual excitement in the male is followed by weakness and impotency. In the female it is of use in sterility when associated with nymphomania, and violent sexual desire with aversion to coitus. It is indicated in cases of emissions that take place either day or night, and at stool. As it is a powerful poison and tends to disturb the digestive organs it must be used with caution. Small doses frequently repeated until the desired effect is secured should be the rule for its administration. It should not be given on an empty stomach and the white phosphorus should never be used.

Dose.—It may be given in combination with other remedies, or alone in granules containing

one-sixtieth to one-thirtieth grain. It is sometimes combined with oils as a protection to the stomach and intestines.

Platinum

Platinum is of use in intense sexual excitement and erethism, and in excessive sensitiveness of the genitals of both sexes. It is of value in sexual melancholia caused by masturbation. It is our best remedy where the female sexual organs are so sensitive that intercourse is painful, and also in the nymphomania of young girls. It is antagonistic to lead, and should be thought of in the impotency of lead workers and lead miners. Platinum has been used with advantage in those cases of the extreme sensitiveness of the genitals making it impossible to wear a napkin during menstruation, and of the unbearable sexual excitement and voluptuous crawling sensation in the genitals. It has cured sterility of long standing, and epilepsy arising from onanism (Kent). It is possible that similar conditions might be produced by large doses of platinum, but it is only in the treatment of the conditions mentioned that it is in use. Platinum is best given in the homeopathic 3x, or in granules, containing about one one-hundredth grain.

CHAPTER XVI

THERAPEUTICS (Cont'd).

Picric Acid

This drug is recommended by homeopathic writers (Kent and Pierce) as of use where there is extreme lust with violent erections; for seminal emissions followed by great exhaustion, and for impotence with threatened paralysis of the legs, and a tendency to boils and carbuncles. Picric of ammonia in doses of one-eighth to one-half grain, in pill or tablet, is a good form in which to exhibit this drug.

Potassium Bromide

Potassium bromide is especially indicated in irritation of the sexual organs, strong sexual excitement, nocturnal emissions, satyriasis, and epilepsy resulting from sexual irritation. In those cases where women have epileptic seizures at the time of orgasm during coitus, potassium bromide should be given in full doses prior to the act. It should not be continued for a great length of time as brominism is manifested by a general failure of the mental powers, acne, and loss of sexual power. Blair recommends moderate doses (19 to 20 grains) in seminal emissions, nymphomania, and priapism. I sel-

dom use the drug as I have found that the effects produced by its use have in many instances proved more harmful than the conditions it is said to relieve.

Pulsatilla

When the sexual desire is exceptionally strong in the female, and if not satisfied gives way to a sense of loneliness, weeping, and the blues,—pulsatilla is the remedy. The pulsatilla patient will go from one extreme to another; from intense sexual desire and excitement to despondency and weeping. It is the best remedy that we possess for weeping without cause or reason, despondency, and loneliness. It is the remedy for the patient that has light hair and blue eyes. Its most extensive action is upon the mucous membranes, the eyes, ears, nose, and genito-urinary apparatus of either sex. Its action upon the mucous membranes of the nose make it of use in impotency. It is the remedy for loss of smell. Pulsatilla is of value in prolapsus of the uterus. Its wide range of application to the female organs makes it of great value in sterility, especially with the fair-haired, blue-eyed woman who is given to melancholia and weeping because of her desire for children. The dose of specific pulsatilla is from

thirty to sixty minims to four ounces of water. A teaspoonful should be given every two or three hours. Care must be exercised to get a good preparation of the true *pulsatilla*, as most of the fluid extracts are inert.

Saw Palmetto

Saw palmetto is especially useful in prostatic troubles where there is enlargement and irritation. It is of value when the sexual power is weak. It is indicated in sexual exhaustion and neurasthenia. Ellingwood says that in the treatment of young men who have been excessive in their habits, or who have masturbated, it can be relied upon with positiveness. It has a decided influence upon the nasal membrane. Saw palmetto is of value in atrophy of the testicles. In the female it increases sexual desire and ability. It works well in combination with *avena sativa* or *phosphorus*. It will relieve undue irritation of any part of the genito-urinary organs, when due to excesses and exhaustion. This drug has been accredited with marvelous powers in reducing the hypertrophied prostate of old men. The dose is ten to thirty drops.

Salix Nigre Aments

Salix nigre is said to control sexual hyperesthesia, and sexual excitement. It is of use in

satyriasis, erotomania, and nymphomania, when due to local irritation. It relieves spermatorrhea and quiets the nervous system generally. Sexual disorders from excesses, spermatorrhea, nocturnal emissions; prostatorrhea, lascivious dreams, satyriasis, and morbid sexual desire call for *salix nigre*. The dose of the specific medicine, *salix nigre*, is from ten to sixty minims.

Nuphar Luteum

This remedy has been used in sexual debility; spermatorrhea, and in nocturnal emissions. It is indicated in impotency with involuntary emissions at stool. In large doses it allays sexual excitement. The dose of the fluid extract is five drops three or four times a day.

Ignatia

This remedy is sometimes called for in cases of sexual and nervous debility, its most prominent indication being a deep-seated pain in the loins. This symptom when found in connection with sexual weakness will guide to the selection of *ignatia*. Five to ten minims of the fluid extract may be added to four ounces of water, of which the dose would be one teaspoonful. *Ignatia* is similar to *nux vomica* in action, but has not so wide a range of application.

Thuja

Thuja is an active remedy in spermatorrhea due to over-indulgence. The dose of the fluid extract is five to ten drops. Injected into the scrotum it is our best remedy for hydrocele.

Musk

Musk is obtained from the musk ox, and is composed of the solidified secretions from the generative organs of these animals. It is one of the oldest remedies used for impotence. Musk is the principal remedy used by the Vaidis of India to increase sexual power and desire. It is used to control violent sexual excitement in the male which is accompanied by emissions without erections. It relieves the violent sexual desire in the female when the menses are too early and profuse. It is indicated in nervous impotency. The effect of this drug is due to a considerable extent to its odor. It should be given in sufficient strength to retain a comparatively strong odor. I find musk a good remedy in the treatment of impotency especially where there is a lack of desire with certain partners; premature ejaculation, and weakness following coitus. The dose of the tincture is from twenty minims to two drams. It may be combined with other drugs in pill form. I find

that it exerts a good effect on these cases when used as a perfume, especially when the bed and night clothes have a strong odor of musk.

Murix

Murix is the coloring matter from the purple fish, or sea snail, and is used by homeopaths in prolapsus of the uterus attended with violent sexual desire. In the murix patient there is prolapsus accompanied by pain extending to the breasts. It should be used in sterility due to prolapsus when sexual desire is greatly increased by the slightest touch. Pierce uses it in the 3x.

Chinese Incense

Chinese incense or Joss Sticks burned in the room give off an odor that is said to excite sexual desire and increase power. These may be obtained at any Chinese store, and the odor is not disagreeable.

Staphisagria

Staphisagria is of use in enlarged prostate with dribbling urine, and a general excitability of the male organs with great weakness and impotence. Where the sexual desire is greatly increased and there is total disability to perform the act, staphisagria will give relief. It is valu-

able for the nervous man who is addicted to masturbation and who fails when attempting coitus. It is also of use in atrophy of the genitals. It will control the violent sexual excitement and nymphomania in the female. It relieves irritation and overcomes impotency by increasing the general health and power of the organs. It acts as a stimulant and tonic on the central nervous system, and is a very important remedy in sexual disorders. The dose of the tincture is five to fifteen minims, and of the specific medicine one-sixth to three minims.

Sulphur

Sulphur is the leading remedy in sterility. This is especially true where there is irregularity of the menstrual flow; the menses becoming suppressed by the slightest disturbance. There may also be hemorrhage with the menstrual flow. A burning sensation in the vagina and an offensive odor emanating from the female genitals, thighs, and abdomen call for sulphur. If the odor of the woman is offensive to her husband, give her sulphur. The impotent patient whose nose is clogged with offensive secretions should have this remedy.¹ It is in-

¹It is interesting to note that all drugs that are proven aphrodisiacs are those that have a direct action on the nasal membranes. I am of the opinion that any drug that will increase the acuteness of the olfactory nerves will be found beneficial in the treatment of impotency.

icated in the male when the genitals are cold with impotency; sexual desire is moderate but he is unable to secure erections; or there is a discharge before intromission or too early after intromission. It is always indicated with the uncleanly patient whose genitals are extremely offensive and who has premature ejaculation. It is of use in prolapsus of the uterus accompanied with offensive leucorrhea. The importance of sulphur in its effect upon the nose and the ability to smell is made clear by Kent who in speaking of a sulphur patient says: "The catarrhal affections of the nose are extremely troublesome—so troublesome is this catarrhal state that with odors he is made sick. The smell of this old catarrh, or of filthy things, keeps him nauseated." Sulphur is a most important remedy when properly used. It is useless to give large doses of the common product. The only way to get the real sulphur effect as herein described is to use it in very small doses, preferably in the homeopathic tablets of the 3x. It must be continued for some time.

Lycopodium

Lycopodium is the remedy for sexual exhaustion following gonorrhea or cystitis; when there is a loss of desire, or when the patient "goes to

sleep during coitus'' (Kent). The penis is relaxed and cold. With these symptoms it is of benefit especially with the aged. In the female it is indicated when there is leucorrhea which flows in gushes, and is associated with a sensation of dryness and burning in the vagina. For the young married man who finds he is impotent and is unable to obtain an erection, or that the erections are feeble, and that he has considerable trouble in reaching an orgasm, lycopodium is our sheet anchor. I have used lycopodium extensively in my practice and have found it to be one of our most useful remedies, especially where there is a lack of secretion, and where it requires long continued exertion to reach an orgasm. It is an important remedy, and perhaps the best one for cases having the above indications.

Dose.—The dose of specific medicine lycopodium is one-half to fifteen minims. Pierce recommends it in the 3x.

Graphite

Graphite is of use in sexual disorders when the sexual desire is increased but the power is diminished; when there is great desire and incomplete erection; or when the discharge is too

early. It is a valuable remedy for inflammation of the vagina and neck of the uterus, and for the so-called cauliflower excrescences of the uterus, with pain and bleeding. Graphite should prove of value in some cases of sterility, although I have not given it a trial in these cases. I would use it in a case presenting a bloody discharge from the uterus. I use the 1x and 2x homeopathic tablets.

Ambergris

Ambergris is a morbid secretion from the sperm whale, and has been the subject of miraculous stories told by sailors of its effects upon the sexual organs. It is said to increase the secretion of semen to a wonderful extent. If it will do but a very small part of what it is credited with doing it will prove of great value. I have not given it a fair trial. In the limited trial that I have been able to give ambergris it appeared to do good. It is very expensive and not easily obtained. It may be had in the homeopathic tincture, and Pierce recommends its use in the 3d. I would advise that it be used in large doses. Sailors are said to eat it in its crude state, and perhaps it requires large doses to give the wonderful results they claim for it.

Black Ant

A few years ago I made some experiments in the use of an alcoholic tincture of the common black ant as a remedy for rheumatism. While it did not relieve the rheumatism, my patients complained of having strong and painful erections but without sexual desire. I did not continue my experiments at the time, and have had no chance to prove the remedy since, as I have been unable to obtain a good preparation. I am satisfied, however, that there is some active principle in these ants, other than formic acid as has been claimed.

Echinacea

Echinacea has been used as a local application to the organs to increase desire and power. I am of the opinion that it has no virtue when applied in this way, other than the warmth resulting from the alcohol in the fluid extract. It is sometimes combined with capsicum in a vaseline base for local application. A proprietary remedy that was on the market a few years ago under the name of "Erectol" was simply echinacea colored. It was to be used locally.

Silver Nitrate

Nitrate of silver, when injected into the deep urethra as proposed by Mowry, causes a local irritation, thereby increasing the flow of blood to the parts, which is followed by an erection. It is applied with an Ultzmann syringe in a weak solution every other day until the desired results are obtained. It is about the quickest acting treatment that I have found, and has given uniformly good results in my practice, though I seriously doubt the advisability of continuing its use for any great length of time.

Zinc

Pierce recommends zinc in the 3d as a remedy for nymphomania when caused by pruritus vulva, worse at night. In the male it is used in seminal emissions with general irritability.

Chromium Sulphate

Chromium sulphate was introduced as a medical agent by Kolipinski a few years ago, and met with considerable favor by those that gave it a trial. Boynton and others claim that it has a direct action on the prostate, and that it is of value in neurasthenia. It has been used as an aphrodisiac, and the reports have been favorable in most instances. It is said to be of

value in impotency, senile pruritus, enlarged prostate, locomotor ataxia, etc. I have given it a limited trial, both singly and combined with other remedies. If it ever produced any results of any kind by itself I was never fortunate enough to notice it. It is possible that combined with other drugs of known value in these cases, it may have received undue credit. The dose recommended by Kolipinski is from four to eight grains, three or four times a day, before meals.

Yohimbine

Strong claims have been made for this drug in the treatment of impotence. It is said to act upon the testicles and penis causing swelling and strong erections. Oberwarth and Lowy experimented upon rabbits and found that soon after injecting yohimbine they noticed that the testicles began to swell and descended into the inguinal canal. In dogs and cats the swelling appeared to affect the penis principally. It is said that the natives of Western Africa use a decoction of yohimbine to increase the sexual appetite. Lissman⁶ says it increases the flow of blood to the external genitals and produces vasodilatation of the renal and cutaneous ves-

⁶Lissman: *Münchener medizinische Wochenschrift*, 1912, No. 24, p. 1313.

sels. It will favorably influence impotency so long as the impotence is due solely to exhaustion of the cohabitation center. It is recommended in sudden loss of power, and in the despondency and mental depression of young married men. Lissman claims that the failure to receive good results from this drug is due to the method of administration. He tried epidural injection of 30 c.c. of saline solution and ten drops of 2 per cent yohimbine solution and got good results. This can hardly be accepted as positive evidence of the aphrodisiac effect of yohimbine, as Cathelin obtained similar results in impotence by the epidural injection of saline solution alone. Lissman emphasizes the fact that in his case the center of erection alone was at fault, the patients never having suffered from precipitate ejaculations. In forms of impotence accompanied by ejaculatio præcox the yohimbine did harm. It is probable that the action of yohimbine is similar to that of cantharides, causing an irritation of the deep urethra, followed by an increased flow of blood to the parts.

Yohimbine may be given in tablets of one-tenth grain, or the homeopathic one per cent solution. It may be had in hypodermic tablets of one-twelfth grain.

INDEX

A

- Abortion, excessive coitus, 121
- monthly, 121
- Asexualization, after effects, 89
- atrophy of breasts, 90
- before puberty, 91
- boys become obese, 90
- Cade's report, 89
- effect on sexual desire, 90
- effect on skin, 90
- in Kansas Institution, 89
- mental effect, 89
- moral effect, 89

B

- Bathing and morals, 27
- Beauty, African, 57
- color, 57
- female form, 57
- flat chest, 47
- large bust, 47
- Oriental, 57
- Persian, 57
- Turkish, 57
- Blonds, sexually cold, 50
- Breasts, and sexual power, 47
- supernumerary, 47
- Brunettes, amorous, 50
- sexually strong, 50
- Buttocks, large, 50

C

- Children and law of compensation, 106

Children—Cont'd

- diminishing birth-rate, 103
 - in England, 103
 - in France, 103
 - in Germany, 103
- feeble-minded, 106
- of defectives, 106
- of tobacco users, 109
- overworked, 106
- Coitus, effect on vagina, 91
- failure due to anger, 74
- due to joy, 73
- due to lack of response, 69
- due to shock, 74
- in strange beds, 69
- in strange houses, 69
- interruptus, 83
- limit, of female, 91
- of male, 91
- with some women, 69

D

- Dance, Nautch, 56
- Oriental, 56
- Dress, and sexual desire, 54

E

- Emissions and masturbation, 83
- nocturnal, 85
- Eyes, 52
- dark, dreamy, 52
- dilated pupils, 52
- expression of, 53

F

- Fear, in illegitimate children, 67
 - maternal, 67
- Feet, 51
- Formulas, Gross', 99
 - Hammond's, 98
 - Hoop's, 100
 - Hunt's, 98
 - Hunt's local, 93
 - Latham's, 99
 - Murrell's, 99
 - Robinson's, 100

G

- Girls, coeducational schools, 108
 - keeping company while menstruating, 108

H

- Hair, 50
 - curly, 50
 - falling, 50
 - heavy eyebrows, 50
 - on body, 50
 - pubic, 50

I

- Impotency, 59
 - business failure due to, 62
 - constipation, 61
 - enlarged prostate, 61
 - fear of failure, 73
 - gonorrhea, 63
 - obesity, 63
 - psychic, 65
- Impregnation, artificial, 130
 - history, 130
 - Iwanoff's experiments, 131
 - objections overcome 133
 - Marion-Sims case, 131

Impregnation—Cont'd

- Pancoast's case, 131
- technic, 134

M

- Marriage, early, 107
- Masturbation of feeble-minded girls, 65
 - of women, 86
- Menstrual period of men, 70
- Menopause in men, 70

N

- Nose, automatic sex control, 21
 - congestion of membranes, 20
 - genital points in, 22
 - inflamed in sexual excesses, 21
- Koblanck and Roeder's experiments, 22
 - operations on, 34
 - relation to sexual organs, 20
 - tissues erectile, 20

O

- Odors and digestion, 36
 - sexual instinct, 37
 - during coitus, 31
 - effect on salivary glands, 35
 - on thyroid and testicles, 37
- Kiernan's case, 23
 - leathery, 23
 - of butterflies and moths, 29
 - of emotional states, 26
 - of lavender, 23
 - of locust flowers, 23

Odors—Cont'd

- of old women, 27
- of prostitutes, 33
- of Pygmæas, 26
- of Tahitian women, 24
- of violets, 23
- of young girls, 27
- offensive, 24

P

- Penis, ligation of dorsal vein, 95
- size, 61
- Perfumed beds, 24
- Prostate, sexual pleasure from treatment of, 101

S

- Schools, coeducational, 108
- female teachers, 108
- separate after puberty, 108
- Sense of sight, 47
- Sense of smell, 20
- and impotency, 20
- odors as stimulants, 25
- Queen Maya, 24
- Sex and senility, 27
- Sexual crimes, 27
- age, 18
- athletes, 15
- desire, 18
- glands, 15
- impulse, 14
- neurosis, 65
- pleasure, 10
- power and age, 17
- power of animals, 20
- stimuli, 25
- sense of hearing, 41
- sense of sight, 47
- sense of smell, 20
- Spermatozoa, killed by acids, 113

Spermatozoa—Cont'd

- life of, 118
- Sterility, 111
- couples not mated, 113
- change of mates, 122
- imperforated hymen, 114
- obstructions, 118
- ova expelled, 121
- sexual excesses, 122
- treatment, 126
- dilating cervix, 117
- phosphorus, 126
- posture, 115
- uterine stem, 117
- Stricture, irritative, 61

T

- Temperament, and sexual power, 73
- lymphatic, 73
- sanguine, 74
- Therapeutics, Ambergris, 159
- aurum metallicum, 137
- avena sativa, 138
- black ant, 160
- cannabis indica, 140
- cantharides, 145
- chinconia, 141
- Chinese incense, 155
- chromium sulphate, 161
- echinacea, 160
- gaultheria, 142
- graphites, 158
- hamamelis, 143
- humulus, 142
- ignatia, 153
- lycopodium, 157
- murix, 155
- musk, 154
- nuphar luteum, 153
- nux vomica, 144
- opium, 146
- phosphorus, 147

Therapeutics—Cont'd

- picric acid, 150
- platinum, 149
- potassium bromide, 150
- pulsatilla, 151
- salix nigra aments, 152
- saw palmetto, 152
- silver nitrate, 161
- staphisagria, 155
- sulphur, 156
- thuja, 154
- yohimbine, 162
- zinc, 161

U

Urethra, bifurcated, 62

V

- Vagina, effect of acids on, 92
- bisulphate of quinine
 douche, 92
- tough membranes, 91
- Voice, Darwin's theory, 42
- in animal courtship, 42
- love calls of birds, 42
- of blackcock, 42
- of Cleopatra, 43
- of Joan of Arc, 45
- of Sirens, 46

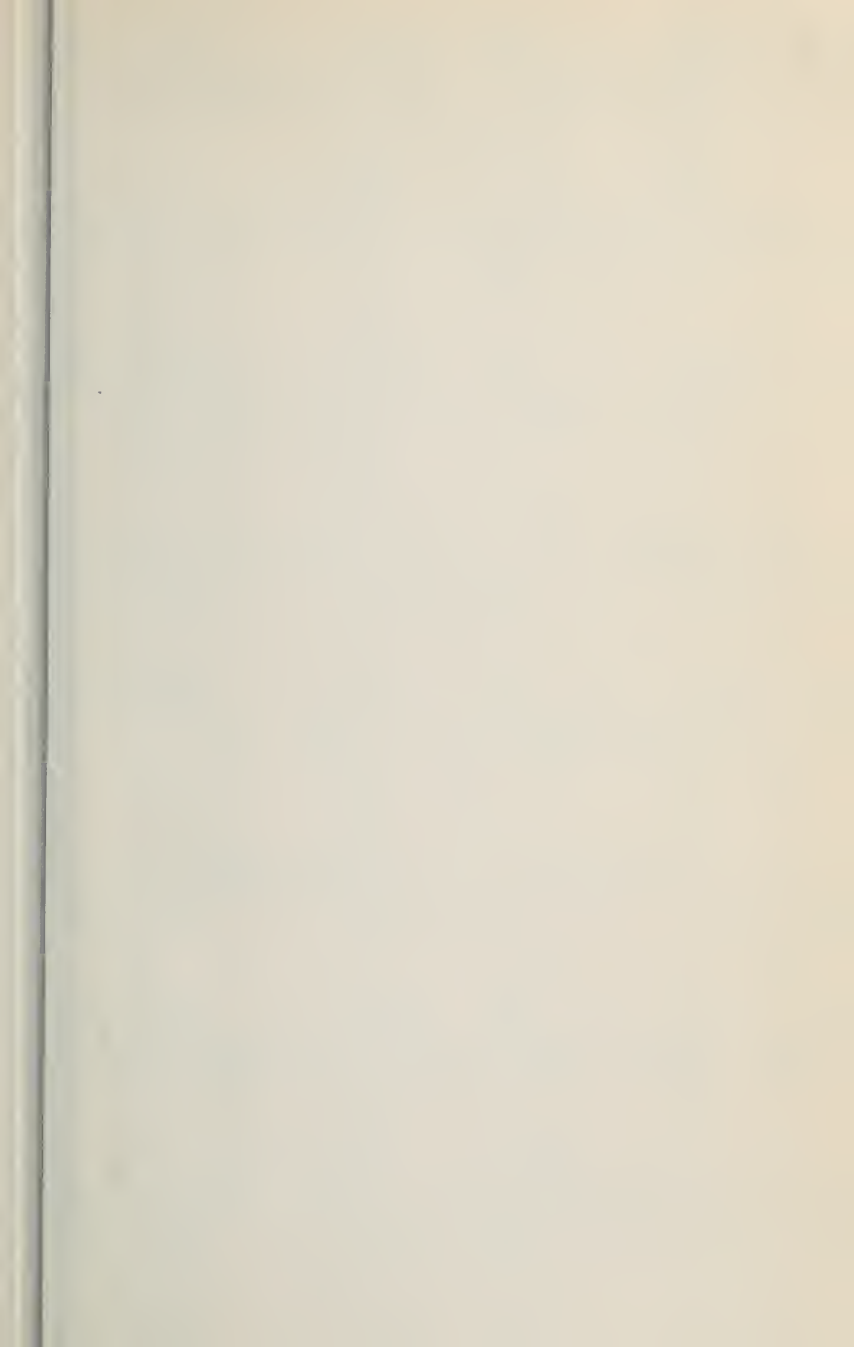
Voice—Cont'd

- tone, 45
- Vanilla, effect on menstrua-
 tion, 25

W

Woman:

- age and sexual desire, 78
- bust, 47
- buttocks, 56
- calves, 52
- dress, suggestive, 54
- eyes, dilated pupils, 52
- feet, 51
- flat-chested, 48
- fleshy, 79
- foreign bodies in vagina, 80
- hair and passion, 50
- lips, 52
- multiple breasts, 49
- nude, 54
- prostitution, 80
- repression of sexual in-
 stinct, 78
- sensuality in, 75
- sexual excitement and faint-
 ing, 79
- why women fail, 76
- Women more erotic than men,
 men, 75







R
REYNOLDS
BINDERY, INC.
OCT. 1973

WJ 709 D261i 1923

40610660R



NLM 05203139 9

NATIONAL LIBRARY OF MEDICINE